

**Q** I can never motivate myself to work out. Any advice?

**A** Sign up for a group fitness program. It's a lot harder to skip a workout after you've



**Lauren Brenner**

already paid for it and you know the group is expecting you. "Research shows that working out in a group gives you better results because you're more likely to fulfill your obligation than when you are on your own or working with a trainer," says Lauren Brenner, creator of Pure Power Boot Camp, an indoor obstacle/confidence course in Manhattan. Brenner's program, for example, places everyone in a platoon that cheers you on when you're there — and gets penalized if you're not. This gives you a big incentive to stick to your commitment. "In our program, everybody is part of a team — people are screaming your name when you go through the course, and if you don't show up, we'll stalk you," says Brenner. To find out more, visit [purepowerbootcamp.com](http://purepowerbootcamp.com) (they are opening locations nationwide) or find out if your gym has a group program you can join.

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