Date: Wednesday, June 04, 2014

Source: New York Times

Author: Gretchen Reynolds

**Having Fun While Exercising is Physically Benificial**

A study recently revealed that people, while attempting to lose weight, are more successful if they view their exercise as fun instead of work. People who viewed the exercise as fun were more likely to eat healthfully after the workout, and were less grumpy and tired. They also studied marathon relay racers and discovered that those who found the race less satisfying more often chose the less healthy food option of the two that they were offered.

I chose this article because I enjoy exercising and have never had weight problems, but am interested in finding out what people who do struggle with weight go through.

Do you eat healthfully after a workout?