WellMind+

MAKING THE WORLD HEALTHIER AND HAPPIER

FIT FOR LIFE

Integrating exercise into your daily life can be a time challenge. But exercise relieves stress, reduces health risks, helps you learn faster, and improves your focus, memory, mental stamina and creativity. That means you get back time by improving your mental performance. So get moving for your health!

1 DO ANYTHING!

When it comes to exercise it is ALWAYS better to do something rather than nothing. So if you can't find time for a full workout, walk up a few flight of stairs, walk to run an errand. A sedentary lifestyle is really bad for us so keep it moving.

2 DO SOMETHING YOU LOVE

If you don't love your workout you wont stick with it for very long. It is hard to be motivated and inspired if you are going to hate every minute of your fitness routine. Try lots of different activities to find what works for you and puts a smile on your face.

3 30+ MINS & 3+ DAYS/WEEK

This is the simple rule for staying fit. It is hard to know the right 'dosage' of exercise but if you do moderate exercise for at least 30 minutes most days of the week, your body and mind will get the benefits of a fitness routine.

4 MAKE IT ROUTINE

Making your fitness activity part of your daily or weekly routine will help you create a fit lifestyle. Without it being routine you wont get the benefits of #3 and you are more likely to find that you don't have time because you did not make time.

5 BUDDY UP

Having someone else to be accountable to - and them to you - keeps you on track. Someone else will keep you motivated and encourage you when you may not feel up to it. And you don't have to be in the same room to workout together.

6 TRACK YOUR PROGRESS

As you get stronger, faster, and last longer you will want to keep a record of your badassery. Seeing the progress you are making keeps you motivated and inspired. Setting fitness goals will also keep you from getting bored.

7 IF IN DOUBT, WALK

Staying fit does not have to mean strapping on gloves at a boxing gym, or stretching out your body on a Pilates machine, when a simple walk will do. Walking increases and maintains fitness levels and reduces the risk of diabetes, certain cancers, and cardiovascular disease.

8 REWARD YOURSELF

We all like getting rewarded for performance, so find a reward that you will link specifically to your fitness goals so that you have something to look forward to. It may be a favorite desert, a massage, flowers or make a deposit towards a wonderful vacation.

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