

TOP 10 FITNESS TIPS

Goal: Optimal Well-being

ONE

Focus on Overall Well-being: Nutrition, Rest, Mental Health & Exercise

TWO

Make Fitness a Part of Your Lifestyle

THREE

Focus on HIIT Workouts that incorporate Weights, Cardio & Cardio

FOUR

Workout in the Morning

FIVE

Target Muscles Strategically – Work Bigger & Multiple Muscle Groups at Once

SIX

Find a Workout that You Enjoy

SEVEN

Change Up Your Workouts

EIGHT

Always Warm Up & Stretch/Cool Down

NINE

Recovery is Important – Take at Least 1 Day OFF

TEN

Reward Yourself!

Keep these TOP Tips in Mind
As You Get Fit & Fabulous!