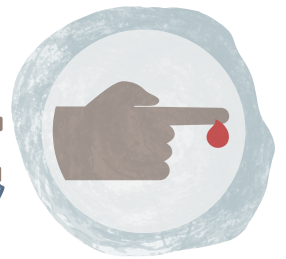


Get your Mindset For Success!



Did you know you will have more than 6000 thoughts per day?
And, of those thoughts it's important that you are mindful of your health?
Make your movement a priority, and let it become habitual!



Make yourself a Priority!

Schedule your workouts

Schedule your workout like it's an important meeting for work or a doctor's appointment!

- Prioritise your workouts.
- Set daily reminders in your calendar.
- Schedule your workouts at times that are convenient.
- Adapt your schedule, when needed.
- Consistency happens over time!

Create a Workout Log!

Organize workout logs

How productive are you at work without having systems in place?

- Monitor fitness productivity! You need to have records to keep you on track.
- Organize workouts in an App, or a simple spreadsheet.
- Set workouts in the correct order to maximize results.
- Keep track of your progress with proper recording.



Develop your plan for input.

Write out your exercise plan.

Establish a for everyday exercise plan.

- Develop a plan, using input from a professional coach.
- All movement is good movement throughout the day.
- Discuss your plan with your medical team for any concerns.
- Receive input for signs and symptoms during exercise.

Be consistent...and safe!

Value steady and consistent.

- Guidelines suggest 30 mins everyday.
- Spend 1/3 of your time stretching.
- Take your blood sugar levels pre, during and post.
- If you don't feel good, stop.



Be mindful and find ways to enjoy the process.