

Create a 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!

- Prioritize 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 records to keep you on track.
- Organize workouts in an App, or a simple spreadsheet.
- Set workouts in the correct order to maximize results. Work with a personal trainer for guidance if needed.
- Keep track of your progress with proper recording.



Develop your plan.

Write out your exercise plan.

Establish a daily plan for physical activity.

- Develop a plan, using input from a professional coach.
- Get creative with your movement: park farther away, take the stairs, take your phone call on a walk.
- Discuss your plan with your medical team for any concerns.



Be consistent...and safe!

Value steady and consistent progress.

- Start small and increase duration and intensity over time.
- Remember to stretch daily
- Take your blood sugar levels pre, during and post.
- Monitor your signs and symptoms during exercise.
- If you don't feel good, stop.



Be mindful and find ways to enjoy the process.