

ONE MONTH FIT PLAN

Feb 2: See your doctor!! If you plan on working out for the first time, see your doctor to make sure everything is in working order.

Then find a personal trainer and/or consultant to figure out your fitness level and to personalize a workout fit for you.

Feb 9: Exercise with a Friend. Finding a workout partner can help keep you on track and motivate you to get out the door.

Feb 16: Take the stairs. Use the stairs instead of elevators and escalators whenever possible.

Feb 23: Turn off the TV and Computer, trade screen time for active time, visit the gym or even straighten up around the house.

March 1: Walk and extra stop. During your shuttle commute, get off a stop or two earlier and walk the rest of the way.

March 8: The furthest parking space. If you drive to work, school, or to run errands, purposefully park your car a little further from your building, or the store. It may not seem like much, but over weeks and months, these minutes of exercise add up.

March 15: Plan exercise into your day, set aside a specific time in your schedule to exercise and put it in your planner.

March 22: Reward yourself. Set short-term goals and reward yourself for achieving them, choose fitness-focused rewards for reaching your goals, such as new workout clothes.

March 29: Easing stress and anxiety, exercising regularly helps you take charge of anxiety and reduce stress.

April 5: Boosting Energy Increasing your heart rate several times a week will give you a more 'get up and go' attitude.

April 12: Sharpening Brainpower, exercise stimulates the growth of new brain cells and prevent age related decline.

April 19: Start slow, many beginners make the mistake of doing too much when first start. Begin with a walking regimen, at least three days a week, and add a few minutes to your workout to progress each week.

April 26: Choose activities you like. To make it easier to get moving, choose whatever gets you moving and also choose an activity that fits your identity.

May 3: Strength!! Add strength-developing exercise to your workout at least twice per week.

May 10: Hydration is Key. To perform at your best, keep your body adequately hydrated throughout your activity