



How To Exercise With Excellence

EX-CEL-LENCE: THE QUALITY OF BEING OUTSTANDING OR EXTREMELY GOOD.

The best time to start exercising excellently is now!

And here are 5 tips how:

1. Plan your workouts at the beginning of the week.

If you plan out which days you want to workout in the week, you will be less likely to skip them.

Plans help us to build routines; and routines help us to stay consistent.

By failing
to prepare
you are
preparing
to fail

2. Find A Fitness Friend.

Working out with a friend will make for a more social and fun active time.

And the accountability will make it harder to say no to what's good for your body.



3. Do What You Enjoy!

You are much more likely to put the time into working out if you're doing something you enjoy.

It will require effort to find something you love and look forward to doing - but doing so will be well worth all the effort – and your body will thank you!



4. Listen to What Your Body is Saying.

Pay attention to what your body needs: Whether it be an extra long rest - or switching up the workout you had planned. Do what feels right for your body.

Eat when you're hungry.

Rest when you're tired.

Relax when you're stressed.

Step back when you're overwhelmed

Listen to your body.

5. Be Courteous to Yourself.

Remember, when you fall off the wagon, you always have the choice to get back on again.

Don't define yourself by your failures. Every day is a new day to work towards who you want to be and what you want to do! - You can do it!