

EXERCISE

EASY AS 1-2-3

Where to start for newcomers in exercise.



SMART GOALS

- Determine what to accomplish
- Make goals Specific, Measurable, Action-Oriented, Realistic and Time-Oriented
- Short Term goals are great milestones



MAKE IT FUN

- Pick sports or workouts you enjoy
- Invite friends
- Play music



EAT WELL

- Sustain a balanced, healthy diet
- Eating well is just as important as the workout
- Always stay hydrated

