

Have fun achieving fitness and becoming a healthier YOU!



What do you enjoy doing that is active? ... DO THAT!

If you have internet you have access to millions of videos, blogs, etc. that are instructional, motivating, fun, etc.

- # Do you like to dance?
- # Do you like crossfit?
- # Do you like lifting? Running? Walking? HIIT? Zumba?
- # Do you like yoga? Do you not know if you like yoga?

Now is a great time to try many of the activities you've wondered if you'd like if only you had time to learn how to do them.

An easy way to make an impact on your body is to simply STAND UP. Stop right now, grab your phone and set an alarm for every hour from 8 AM – 5PM. Don't just shut the alarm off when you hear it, get up. Stand for 2 minutes and then continue with what you were doing, but since you are already standing go ahead and take a walk through your house, walk a lap outside, do 20 heel raises, or when you go to sit back down go ahead and do that 10-20 times also. Boom – just like that you are starting to get your body moving, active, and better at fighting illnesses. Think of it as exercise snacks – not food, physical movement throughout your day.

The best exercise is the one that YOU DO!

If you are ready to go beyond "stand up," below are a few steps to begin a workout routine:

Step 1. **Make it a priority**, schedule it or stand up and get to it right now! The point is YOU have to do it. (It is also important to gradually increase and build up, opposed to trying to do as much as possible day 1).

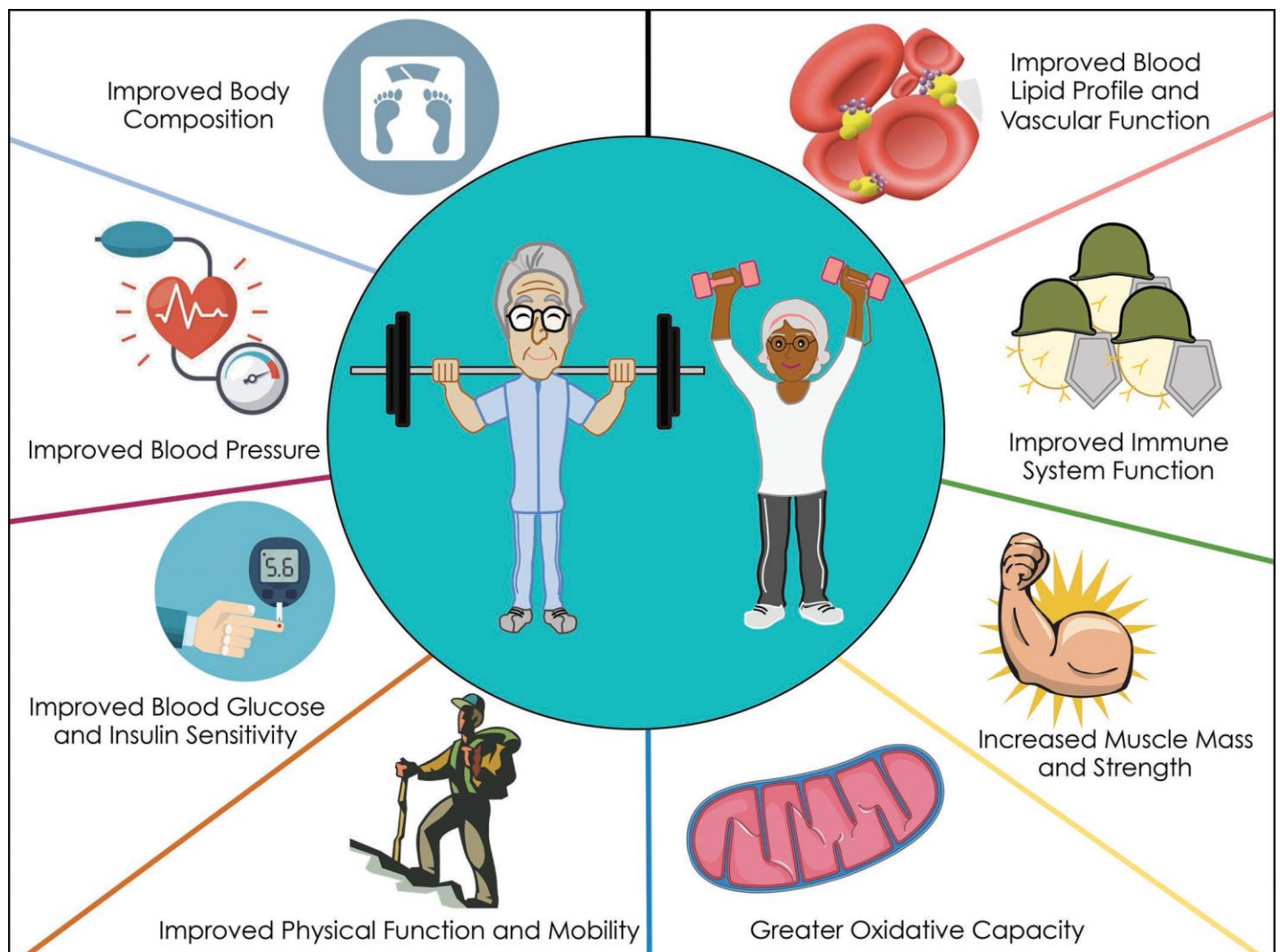
Step 2. **Do what you like to do**. Maybe it is one thing, or maybe it is 10, but the only way you are going to start making exercise a habit is to start with something you enjoy. Let yourself experience different movements and activities, you may be surprised by what you enjoy once you're moving more and as you get stronger! (You might be surprised how fun it is to lift heavy stuff and get better at it).

Step 3. **Stick to it**. Do 30-60 minutes of consecutive exercise 4-6 days/wk for 2 weeks, I would be quite surprised if in that 3rd week you didn't find yourself craving movement and participating in exercise without even "forcing" yourself. It will quickly become part of your routine that you don't consider not doing, such as brushing your teeth or taking a shower (please keep doing those even in the circumstances of being quarantined and practicing physical distancing).

Step 4. **Set Goals**. Simple as, participate in a 5 minute workout video without it being really hard to more complex such as, increase deadlift weight by 5-10 lbs each week for 4 weeks.

Your goal is up to you. Your accomplishment and achievement is up to you!

In case you missed it, here is what exercise can do for you when done consistently:



McLeod JC, Stokes T and Phillips SM (2019) Resistance Exercise Training as a Primary Countermeasure to Age-Related Chronic Disease. Front. Physiol. 10:645. doi: 10.3389/fphys.2019.00645

YES! Exercise can improve immune system function!



“Let’s build wellness rather than treating disease.”

- Dr. Bruce Daggy