



SUPER

10 Tips For a Successful Fitness Journey

5

SET A DATE

A goal without a schedule is just a wish. Put workouts & meals on your calendar.

6

PARTNER WITH A PAL

Whether your pal is live, online, or your favorite Tuesday class, have someone who will miss you if you're not there.

7

DRESS THE PART

When you look good you feel good. Buy workout attire that you can't wait to put on.

8

HAVE A PLAN B

Know your alternative routes for nutrition and exercise.

9

MIND YOUR MOOD

Like attracts like. Surround yourself with healthy foods and happy people.

10

EXCUSE THE EXCUSES

Make yourself a priority. Get out of your own way.

1

SET A GOAL

If you don't know where you're going, you're never gonna get there.

2

FOOD IS YOUR FUEL

Always pack a snack so that your tank doesn't hit empty mid-afternoon.

3

GET MOVIN'

Twenty minutes is better than no minutes. And remember... no one ever regrets a workout.

4

DON'T BE A TOOL

But do know the tools you need to achieve your goal.

For more Super Stuff visit: www.leadlikeagirl.com