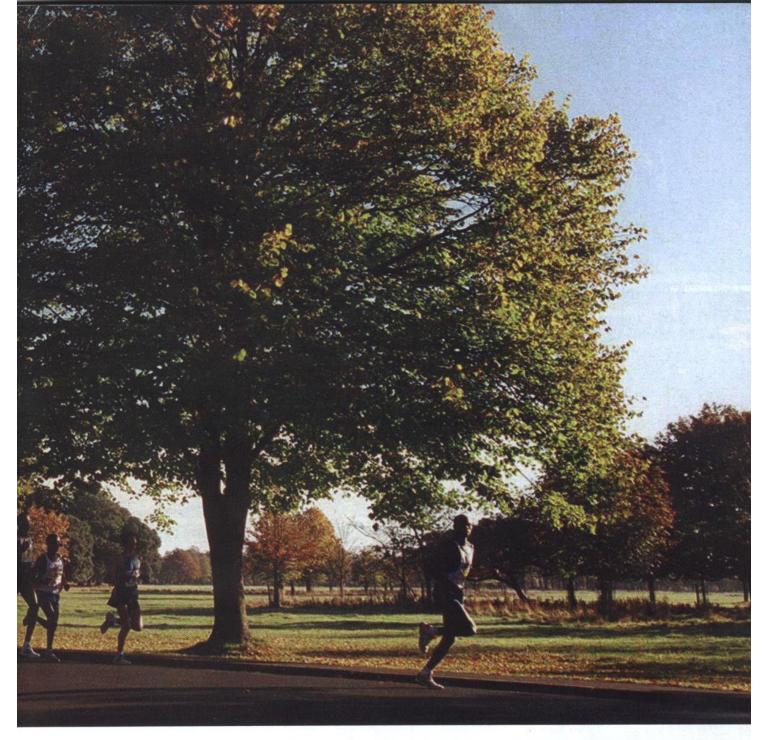


- Setting a goal gives us focus and keeps us moving in the direction we choose.
- Focus your mind to the task at hand and stick with it.
- Make a plan that is achievable in a time frame that will allow success.
- Remember that failing to plan is planning to fail.
- When you exercise, the benefits keep working on you all day.
- You may not feel like every workout, but you'll be glad you did every workout.

- → If it hurts, stop 'no pain no gain' is only a myth.
- Every workout counts; no matter how small, you make a difference to your mind and body.
- No nutritional supplements or drugs can counteract the effects of a poor diet and lack of exercise.
- When you eat the right food for your body, your body will respond well for you.
- Remember you fuel today for the workout tomorrow.
- Keep a record of your exercise; look back at what you have accomplished.

- If progress is slow at first, don't panic, rest assured the rewards are coming.
- Don't train if you are ill give your body a chance to recover.
- The higher your workout intensity, the longer you should spend pre-stretching.
- ★ Keep hydrated at all times; muscle contraction depends on it.
- Taking small steps makes for lasting steps - a little a lot is better than a lot a little.
- There are no short-cuts; if you don't know how you got it, you won't know how to keep it.



- Don't allow more than four hours to go by without eating, or your metabolism and energy will decline.
- ♦ Make sure you get adequate rest re-building and recovery takes place while you sleep.
- ♦ Be flexible with yourself if you are tired; bend a little with your schedule.
- ♦ Weight training: don't train the same muscles over two days, recovery takes 48 hours.

- ♦ Intensity levels should change every 3-4 weeks, as you adapt to a given stress load.
- Effective workouts require you to eat right; carbohydrates before workouts, protein after workouts and water throughout the day.
- Set fitness goals for your own reasons and not someone else's.
- Don't become obsessed by your weight; improving your health and becoming more active is the real goal.
- Think about your technique; good form is energy conserved.

- Go for variety: use cardiovascular machines and classes to minimize boredom.
- Use positive self talk- always talk yourself up. Use words like; I' can, I will, I have.'
- Don't train hard on consecutive days; alternate the intensity of your workouts.
- What you look like today is due to what you were doing 10 years ago; today you're working on how you will look in 2013.