

7 STEPS TO CHOOSE YOUR PERFECT WORKOUT

1

What's your goal?

Knowing your goal helps you know if a workout will help you achieve it.

2

What workouts do you love or loathe?

What workouts have you loved or loathed? Are there other workouts similar to those you've loved you'd like to try?

3

Where do you like to workout?

Inside, outside or a combination? What location is going to get you excited?

4

Alone or in a group?

Maybe you need your workout to be your alone time. Or, maybe you need your workout to be your time around other people.

5

How will it fit into your schedule?

Does your schedule mesh with your ideal workout? If not, what can you adjust in your schedule? Write your workout into your schedule in pen.

6

Just Do It!

Honor the commitment you've made to your current and future selves by getting that workout done! Remember, it's OK to miss a day - Perfect is the enemy of the good. ~ Voltaire

7

It's OK to be a beginner.

Trying something new can be intimidating. Give yourself permission to take time to get the hang of your new workout. Stick with it and you'll be a master before you know it.