

WHERE DO I START?



EXERCISE

ENJOYABLE

Think of activities that you enjoy doing, then find them or create them.

SOCIABLE

Sports, clubs, group workouts, friends and family, can all make exercising fun, and competitive if you wish.

GOALS

Keep them small to start, achievable, and make them clear.

SCHEDULE IT

Make an appointment with yourself and turn up.

TRACK

Record your progress, check your trajectory, increase gradually.

Small improvements, done regularly, give you a feeling that you're going somewhere. That is motivating and will keep you moving forward.

