

OBOL NEWSETTER

What's new and exciting at Victory Fitness Studio?

**Fall is on its way! My favorite time of the year!
Cool, brisk mornings, birds chirping, it's a
great time to be alive!**

The cooling of the weather means we can get outside and exercise! It's a new beginning!

Study after study has shown that regular physical activity -- even at moderate levels -- enhances physical and mental conditioning, while reducing the risk of heart disease, cancer, high blood pressure and obesity. But unfortunately, many Americans still choose a sedentary lifestyle. Here are some tips to encourage you to get off the couch:

Find something you enjoy. Keep experimenting until you find an activity that moves you, both mentally and physically. If you don't like what you're doing, you won't be motivated to keep it up. If you're not sure what you like, explore: Go for a brisk walk, hike in some nearby mountains, or get on your bike. We have great trails for that! Utilize them!

Set goals. Write down your goals, reviewing them often. But be realistic. If you've started out walking for 10 minutes, don't aim to run a marathon in three months. Set goals that are specific, measurable, and time bound to encourage action.

Exercise in the morning. Statistics show that people are more likely to stick with a fitness program if they exercise first thing in the morning. Exercising at the beginning of the day provides a jumpstart to your morning, and you don't have to worry about something coming up later in the day..(as it always does).

Schedule your workouts. Make exercise as high priority as a doctor's appointment or a business lunch. Sit down with a calendar and your planner a week or more in advance and schedule your exercise sessions around your other obligations. As you would if you had to cancel a meeting or appointment, reschedule your exercise sessions. You and your health are worth it!

Reward yourself. Reward yourself as you complete smaller goals to motivate you to stay on track toward larger goals. When you can complete a 30-minute brisk walk or do 10 push-ups, for example, reward yourself with a Starbucks coffee or T-shirt. When you've stayed with the program for 12 weeks, get a new pair of work out shoes.

1

OBOL TIP

Lose the All or
Nothing Approach

2

OBOL TIP

If you Fall of the
wagon...Get Right
Back On!

3

OBOL TIP

Remember..It's about
Progress over time...
NOT Perfection!



New Recipes Available

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VictoryFitness
Studio
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Exercise Tip

You can't out-
train a bad diet!



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