

Best Life Fitness Principles

1. Move every day for at least 60 minutes.
2. Find ways to move your body that you enjoy. Keep trying new hobbies and activities until you find one you love.
3. Include strength training at least 2/week. This can be with weights or your own body weight.
4. Find a group of people or just one friend to work out with. Make exercise social.
5. Change up your workout routine every 1-2 months. You will plateau if you don’t change.
6. Create goals related to exercise instead of body weight. For example, train for a 5K or try a new style of Yoga.
7. Make fitness part of your entertainment. Consider a bike ride for a date night to a favorite restaurant. Create a family whiffle ball game night.
8. Take one day of rest for your body and mind. Ideally on a Sunday, the Lord’s Sabbath.
9. Include variety in your workouts. Don’t hop on the elliptical and treadmill every day. Try a fitness class, do a yoga video, lift weights.
10. Don’t be afraid to sweat . . .profusely! If you’re afraid, come to one of my classes in the front row, I call it the “Splash zone!”