

So You Think
You're Healthy

GET LEAN IN

2018

DO'S & DON'TS



ACCOUNTABILITY

Find a buddy, join a class, or keep an exercise log.



CHOOSE WISELY

Choose activities that you will enjoy.



PENCIL IT IN

Schedule your exercise. It's ok to reschedule, just don't cancel!



START SLOW

Ease into it. Push yourself, but listen to your body.



VARY IT UP

Reverse your walking route, increase your weights, etc.



LOW & LONG

Low intensity + long duration = key to fat burn



BE SCARED TO ASK

Establishing a routine is hard. Seek out accountability sources to keep you motivated.



FEEL TRAPPED

There are many exercises out there, find one that doesn't feel like a chore.



SKIP IT

Reschedule as needed, but don't skip it altogether; it's a slippery slope!



BE EXTREME

Avoid setting yourself up for failure. Ease into it.



BE ROBOTIC

Don't go through the same exercises and moves day after day. Incorporate variety.



HUFF & PUFF

Going all out for long periods of time burns more sugar than fat.