

I am Committed to
Being a Better
Person Today Than
I Was Yesterday.
Better Thoughts.
Better Decisions.
Better Actions.

Beyond Personal Training

Finding Balance 1 of 5...

Beat burnout by making more time for the activities and people that matter most to you.

1. Build downtime into your schedule.

When you plan your week or your month, make it a point to schedule time with your family and friends, and activities that help you recharge. Whether it be gym time or girl time, having it on the calendar saves the date.

If a date night with your spouse or a workout with friends is on your calendar, you'll have something to look forward to and an extra incentive to manage your time well, so you don't have to cancel.

It helps to be proactive about scheduling. When you go out with girlfriends, whip out your cell phones and put another girls' night out on the calendar for 1 month later.

Scheduling downtime into your schedule with help balance the business of life and allow a planned recharge.

October 22, 2018

**This weeks
challenge**

Physical:

**Try a new
activity/class**

Nutritional:

**Drink half your
body weight in
water (oz)**

Behavioral:

**Schedule some
down time**

Workout of the Week

1 min plank

1 min bridge

1 min wall sit

(Table top position)

30 sec R-arm & L-leg hold

30 sec L-arm & R-leg hold

Repeat x 5