

EXERCISE



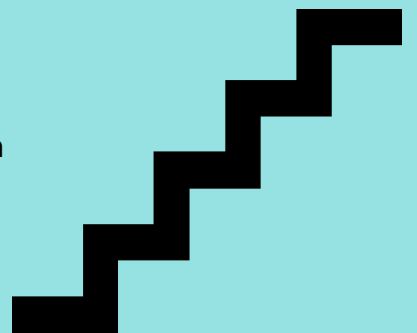
One reason so many people stop going to the gym by February after they eagerly joined on January 1st, is because they attempt an unrealistic routine of daily hardcore exercise they don't enjoy and isn't compatible with busy life.

Start slow and build up and you won't even notice that being more active is becoming a natural part of the way you live.



1 ALWAYS USE THE STAIRS

It's amazing how many people use lifts and escalators when the stairs are right next to them. Intimidated by 7 flights? Just take it slow, pause every time you need to, but stairs are one of the best leg workouts you could do!



2 DO 8,000 STEPS A DAY

This should be your first goal and is fairly easy to achieve once you become more mindful of walking at every opportunity. Tidying the house and pacing while on the phone all add up!



3 GO FOR A DAILY 20-30 MINUTE WALK

This could be on your way to school or work, on your lunchbreak, or in the evening after supper. It could be broken into 2 x 15 minute walks or even 3 x 10 if that's more realistic for you. Walk briskly so you can feel your heart working.



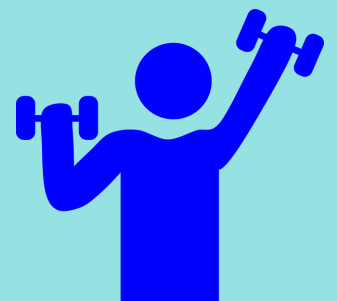
4 DO 10 MINUTES OF INTENSE EXERCISE EACH DAY

Everyone can find 10 minutes. Set your alarm 10 minutes earlier if you need to! 'Intense' is relative to the person doing it, but squats, push ups, lunges and fast high knee jogging are a few good ideas. [Click here for some exercise demo videos.](#)



5 WORKOUT 3 TIMES A WEEK

It could be a gym workout, a class you go to, a personal training session or a DVD or online video to follow along to at home. 3 sessions of 30-60 minutes (the more intense the workout, the less time you need to do it) a week - make them a priority but putting them in your diary like a dentist appointment!



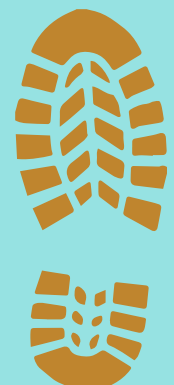
6 TRY A NEW EXERCISE OR CLASS

Bored, in a rut or not making progress? Maybe you just need a change. Try something new. It doesn't have to be a formal exercise. Many town leisure centres offer trampolining and rock climbing sessions!



7 DO 12,000-15,000 STEPS A DAY

Now you're in a routine of walking more, push that up a levels and increase it even more. Walk to the shops, walk around the playground instead of watching from the bench, walk on your lunch break and sit down only to actually eat, and extend your daily 20-30 minute walk to 45-60 minutes.



8 WORKOUT 5 TIMES A WEEK

Those workout sessions you were doing? Add a couple more, maybe something different for variety. Different days might call for different workout times too, for example on weekdays as soon as you get home from work, before cooking supper, but on weekends you might have more time in the morning before having to leave the house. [There are 7 workouts in my FREE 7 day challenge here.](#)

