



## Fitness Workbook

### Introduction

The winter cold is a notorious time for letting go of our regular fitness regimen, if we have one to begin with!

**Make a reasonable commitment to engage in some form of exercise at least 5 times a week for at least 30 minutes each time.**

Instructions:

I recommend using a weekly calendar to plot your commitment to this easy routine.

Use a highlighter to make your exercise slot visible and put the calendar somewhere you will see it every morning.

If you use a calendar app on your device or pc, set up notifications to remind you when it is time for your workout.

Use a notebook to write out your lists and plot your schedule.

#### Step One:

*Make a list of your favorite physical activities.*

What is your favorite exercise?

Walking, running, yoga, dancing?

#### Step Two:

*Schedule your workouts*

What time of day is available for you to put aside 30 minutes?

Morning, lunch break, after dinner?

It is helpful to do your exercise at the same time each day, but that is not a rule!

Schedule this into your calendar and make it a visible and noticeable priority.

*\*Tip\** I highly recommend using one day a week to do something fun and physical to break up the routine. You could go dancing one week, swimming at a local pool another, hiking or skiing another, which leads us to the next step:



### **Step Three:**

*Keep things interesting!*

Make a list of fun activities you would like to do that involve being physically active. One way to find ideas is to look back over the past year and list the activities that you really enjoyed!

Schedule one of these activities for each week. It doesn't need to be a big deal, sometimes even walking in a new area or having a friend join you can provide enough of a boost to keep it fun!

Is there an old DVD video workout you have been ignoring? Try it out!

You are not making a commitment, just protecting your routine from boredom!

### **Step Four:**

*Be part of a team!*

Use the FREE Healthy Lifestyle Empowerment Community. ([Join Here](#))

Post your workouts, take pictures, encourage the other members, find helpful tips and enjoy the fellowship of like minded people.

If you are having trouble sticking to your plan, tell us!

We all have those days when things get hectic and our best intentions are not enough.

This community is where you can find and offer answers, accountability, encouragement and support. It is a tool that can be very helpful...if you use it!





**Theresa Sailor**  
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Hi, my name is Theresa Sailor and I am an Integrative Lifestyle Coach. I have a demonstrated history of successfully empowering women to take charge of their health, lifestyle and well being. I offer Integrative Lifestyle Coaching which includes the full spectrum of incorporating spirituality, nutrition, fitness and balance to my clients. Success is achieved by establishing self care and personal empowerment strategies resulting in victory over acquired habits and tendencies. This is a system of empowerment using self discovery and teamwork to achieve and maintain healthy and stable weight, vibrant energy, spiritual balance and emotional well being. Together, we can unlock the joyful and fulfilling life that you know you deserve! My coaching packages are designed to establish new and gratifying wellness habits. Once adapted, these habits can be maintained with ease while you enjoy your life, family and community!

Visit my website, [coachtoyourhealth.com](http://coachtoyourhealth.com) for more information