

# MOTIVATIONAL TIPS

## DO SOMETHING

Find your motivation

**Think about who's in your heart**—your family, your partner, your friends—and **use them as motivation**

- Work out with an accountability partner
- Find someone on the same shift and meet before work
- If you think someone needs encouragement, offer to be their partner
- Use your internal clock as a guide for workout times—get up early or set aside time later in the day
- Set goals that are challenging but still achievable

If you don't have a fitness routine, **talk to your doctor**, and then **get moving**

**Keep it fresh**—varying your routine is good for your muscles, your joints, and your brain

- Spend time warming up, stretching, and cooling down
- Change up your routine:
  - Try kettlebells instead of weights
  - Head outside to run instead of on a treadmill
  - Practice high-intensity interval training (HIIT) instead of straight weight lifting
  - Take a yoga class to improve flexibility
  - Alternate cardio and strength training

Making time and finding energy for fitness isn't easy, but it's worth the effort



## TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical fitness

