

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

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

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



TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical fitness

