

MOTIVATIONAL T D S

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

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

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

but still achievable

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

treadmill

- Practice high-intensity interval training (HIIT) instead of straight weight lifting
- Take a yoga class to improve flexibility
- Alternate cardio and strength training

BJA VALOR PROGRAM Identi

TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical fitness



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