

5 EXERCISE RESOLUTIONS TO MAKE 2017 YOUR FITTEST YEAR...**EVER!**



FITNESS

1 Forget Punishment

Instead of looking at exercise as punishment, look at it as a way to feel better!

2 Be Silly

Exercise should be fun - however you define "fun". Hire a personal trainer, join a softball league, play with your kids at the park, or walk the dog.

3 Make Changes Slowly

Instead of trying to go from zero to 100 on day 1, work on mastering one small exercise habit over the course of a couple of weeks. Once you feel like you have that one down, add another one.

4 Chase Quality, Not Quantity

The most effective exercise isn't the hardest or fastest, it's the exercise that's performed with impeccable form. Make technique your first priority in the gym.

5 Don't Sweat The Small Stuff

Every once in a while, you will miss a workout or have an "off" day in the gym. Don't let that trip you up. Just accept it and move on.

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