

# Week 2: Overstepping Obstacles

MAKE  
MUSCLES,  
NOT  
EXCUSES.

Shift the way you think about exercise.  
Start implementing more movement into your day-to-day routine.

## TIME

**Finding the time really means MAKING the time.**

Your entire life *does not* have to revolve around your workout. Rather, incorporate your workout *into* your life.

Break exercise into 10-15 minute chunks scattered throughout the day; they add up for big benefits!

Combine exercise with tasks you already need to do.

Think about how you spend your time before and after a workout. Are there ways you can reduce time? Save the park for weekends, and walk in your neighborhood on weekdays to eliminate time commuting.

## INTEREST

Haven't found an exercise you enjoy yet? Do something you enjoy *while* working out. Try watching an episode of your favorite T.V. show or listening to your favorite podcast while on the treadmill, and kill two birds with one stone.

## MOTIVATION

**Find your REAL REASON WHY and focus on short-term goals to reach it.**

Don't get so caught up in the big picture that it seems out of reach. Instead, celebrate small accomplishments daily.

## ENERGY

**SPEND energy to MAKE energy.**

It seems rather counterintuitive, but exercise has been shown to improve energy levels and boost moods.

The key is finding the right kind of exercise to balance out your day. If you are always on the go, running may feel like too much of the same thing, but restorative yoga or Pilates may be the perfect workout to relax your body and replenish your energy reserves. On the other hand, if you sit all day, a rejuvenating walk outdoors with some upbeat music may provide a better balance.

## KIDS

**Model healthy behavior while bonding over exercise.**

- Jump on a trampoline
- Ride bikes
- Try bodyweight exercises in the backyard or park
- Hike/Walk
- Dance
- Play frisbee golf

