

# WEEK 3: Fitness-ship

Over the past year and a half, gyms, swimming pools and even parks were closed, impacting our fitness momentum in some form or fashion. We had the king of all excuses to stay home, binge on Netflix and enjoy some extra rest. Before COVID, only 25% of Americans got the recommended amount of exercise (150 minutes) each week. It's no surprise that early reports from May 2020 showed sedentary behavior is higher than ever, and the effects may be long-lasting. In fact, a sample of 3,000 US adults who were meeting exercise guidelines before the pandemic, reported a 32% reduction in physical activity.<sup>1</sup>

## CAN A WORKOUT BUDDY REALLY HELP US ACHIEVE OUR FITNESS GOALS?

Movement is the most effective way to improve mental and physical health. Now that a big part of our world is opening back up, it's important to jump back in to regular exercise and having a fitness accountability partner is a great way to find inspiration and motivation.

## HOW TO BE A GOOD ACCOUNTABILITY PARTNER

- 1 **Be supportive.** Support, support, love, support, with a little tough love sprinkled in.
- 2 **Focus on the goal.** Focus positively on your partner's successes and goals.
- 3 **Listen to understand.** We have 2 ears and 1 mouth for a reason.
- 4 **Communicate well and regularly.** Have designated check-ins.
- 5 **Offer thoughtful counsel.** Share tips and strategies that you have found successful along the way.
- 6 **Stay faithfully committed.** Write down your "why's" and display them in a prominent place.
- 7 **Share your life—both successes and failures.**

### Reference:

1. Jamie Ducharme. COVID-19 Is Making Americans Even More Sedentary. The Effects Could Be Long-Lasting. TIME. (2020).



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## CHALLENGE

Commit to a 'fitness-ship'.  
Seek out an accountability partner!

BETTER TOGETHER

"A significant predictor of whether people are going to stay on an exercise program is if they have a friend (either an individual or group) who works out with them. Getting people connected to each other is critical.

—Tim Church, M.D., Professor of Preventative Medicine at Pennington Biomedical Research Center—