

MOVE YOUR BODY EVERY DAY



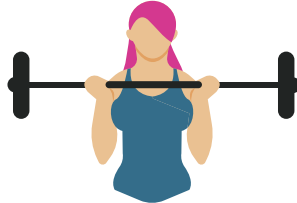
Practice good posture everywhere (seated, standing, work, play, gym)



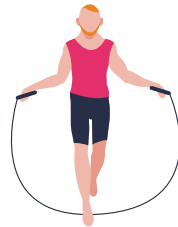
Stretch. If all else fails, get on the floor and stretch your body.



Foundation Exercises (4-5 minutes of yoga poses which help to improve balance, flexibility, core, and overall strength)



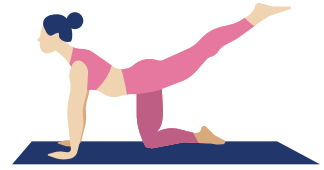
Strength Training (this is your fountain of youth helping to stimulate fat burning and sex hormones that can make your body healthier)



Play (find activities that you enjoy such as yoga, spinning,, group classes, running, swimming, hiking, outdoor biking, Kangoo Jump classes ;).



Cardiovascular Exercise (get your heart rate pumping and focus on quality of your movement).



Challenge yourself to try new things. Find exercises that make you feel a little uncomfortable. This is where you are most likely to grow.



Move Daily. The benefits of movement far exceed just weight loss. The number one benefit of movement is how it makes you feel--mentally and physically.



Find a workout app you enjoy and get into a routine.