



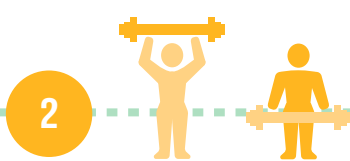
STEPS TO GET THE MOST OUT OF YOUR WORKOUT



1

MAKE A GAME PLAN

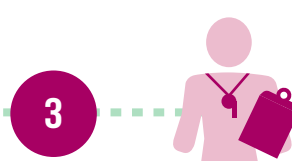
Exercise with a purpose by setting clear training benchmarks and goals for yourself by mapping out your workouts ahead of time. Once you have a plan, commit to stick with it. If you want to get fit, take the action steps to make that happen. If you need a place to start, join a fitness challenge where the workouts are already laid out for you.



2

FIND A WORKOUT BUDDY

A dependable workout partner can not only keep you on track and accountable when it comes to your workouts but one can also be a great source of motivation. You and your buddy can also entertain some friendly and healthy competition. In a workout buddy, you will find a personal cheerleader and someone on your team to push you towards your fitness bests.



3

ASK FOR HELP

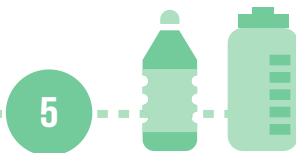
If you're having trouble getting started or have any questions at all, take advantage of a fitness assessment or invest in some introductory personal training sessions at your gym. Aside from showing you proper form and helping to keep you injury-free, trainers can help you boost your performance, be a means of motivation, and can help ensure that you stay on track with your training routine.



6

EXERCISE EFFICIENTLY

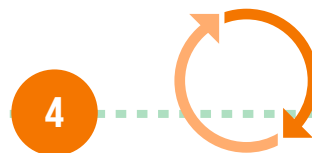
Be sure to include movements that work multiple joint and muscle groups to your routine to maximize your efforts. Adding exercises like squats and deadlifts to your workouts are fantastic ways to boost your metabolism and to get your heart pumping in shorter periods of time.



5

DON'T FORGET YOUR H2O

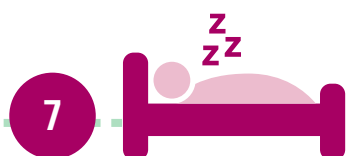
Neglecting to drink enough water before hitting the gym for an intense session, prior to a run in sweltering heat, or before your boot camp leaves the door to dehydration wide open. Getting your fill of H2O before (and during) your workout keeps up your endurance and helps keep fatigue at bay. Hydrate, rehydrate, and rehydrate some more.



4

MIX IT UP

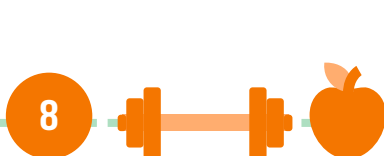
If you stick with the same workout routine for too long, your body has the opportunity to adjust to the level of stress you've been placing on it and your workout becomes ineffective. Speaking with a trainer about ways to change up your regime, adding new classes or even a studio membership (search specialty studios at globalfit.com) to your existing gym membership are great ways to keep your workouts fresh and at their best.



7

GIVE YOURSELF TIME TO REST

When you excessively exercise without allowing your body the time it needs to rest between workout sessions, you place yourself at risk of overtraining. Balance is key. Add activities like yoga or even simple stretching to your recovery regime, and always try to get adequate amounts of sleep. Remember, recovery and hard work lead to results.



8

FITNESS NOT FLAWLESS

Be leery and mindful of fitness products that sound too good to be true. When it comes to health and wellness, hard work and dedication are essential for success. Take the time to learn about proper nutrition and wellness, speak to fitness professionals, and set yourself up with an action plan that will transform your health-conscious habits into a healthy-living way of life.



9

CELEBRATE YOUR SUCCESS

Celebrate any progress, regardless of how big or small you feel the victory is. Making habits stick can be difficult, so set attainable short-term goals that lay the groundwork for healthy workout habits. When you accomplish one of those goals, be sure to congratulate yourself. Change is a big deal, and it won't happen overnight. By taking time to celebrate even your small victories, you'll fuel your motivation to conquer even bigger healthy living feats.



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