

## KEEP MOVING!

- ❑ Adopt a specific plan and write it down.
- ❑ Keep setting realistic goals as you go along, and remind yourself of them often.
- ❑ Keep a log to record your progress and make sure to keep it up-to-date.
- ❑ Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- ❑ Upgrade your fitness program as you progress.
- ❑ Enlist the support and company of your family and friends.
- ❑ Update others on your successes.
- ❑ Avoid injuries by pacing yourself and including a warm-up and cool down period as part of every workout.
- ❑ Reward yourself periodically for a job well done!

