



*fitness reality*



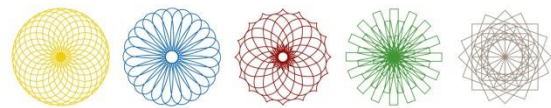
fitting activity into  
your modern life



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# reminders

- **Questions:** Once the webinar begins all participants will be placed on mute. If you have a question during the webinar please submit it using the “chat” feature and we will make sure to address it.
- **Audio:** It is recommended that you use the dial-in information provided for this webinar. If you are trying to use your computer speakers and are having difficulty hearing the webinar, please try using your phone to dial in to the conference line.
- **Group Attendance:** Remember, if you are attending the webinar as a group, please send a full list of attendees to [admin@attentivehealth.com](mailto:admin@attentivehealth.com) or fax to 215.734.2333 so we know you attended!
- **Individual Attendance:** If you are attending the webinar individually we will have a record that you attended – no need to email or fax us.
- **Seminar Materials:** The handout and PowerPoint presentation that go along with this webinar are available at [www.attentivehealth.com/ltk](http://www.attentivehealth.com/ltk).

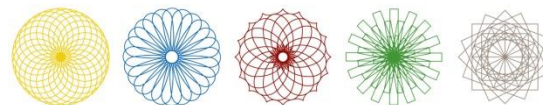


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# excuses

## why don't we “just do it”?

- ▶ no time
- ▶ no energy
- ▶ no motivation
- ▶ don't enjoy it
- ▶ aches/pains



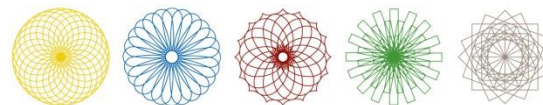
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# benefits

## is it worth it?



- ▶ lose/maintain weight
- ▶ avoid painful diseases
- ▶ more energy
- ▶ better moods
- ▶ less stress
- ▶ look & feel your best



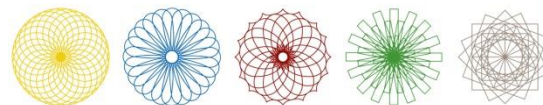
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# routine movement

choose more activity, not less!



- ▶ more steps / “worst” parking
- ▶ stairs instead of elevators
- ▶ walking meetings
- ▶ getting up twice
- ▶ chores during commercials
- ▶ weights while watching TV



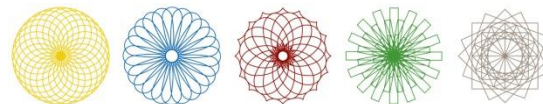
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# working out...

no  
gym  
required



or  
expensive  
equipment

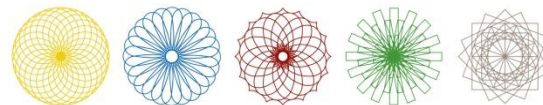


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# calisthenics



a history of  
success...



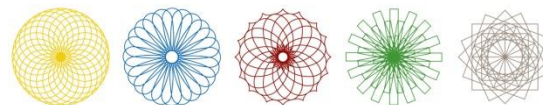
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# couch-to-5k



where goals meet technology

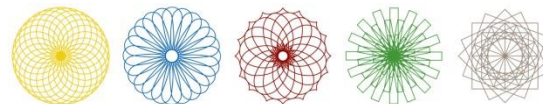


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# wii fit/ xbox kinect



if you're  
sweating,  
it's working!



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A black and white photograph of four children (two boys and two girls) wearing dark t-shirts and shorts, hula hooping and dancing on a paved surface. They are all smiling and have their arms raised in the air. The background is a plain, light-colored wall.

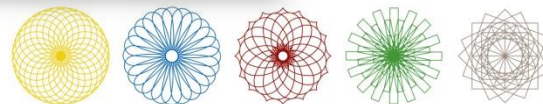
just have fun!

what fun stuff do you do?

basketball



dancing

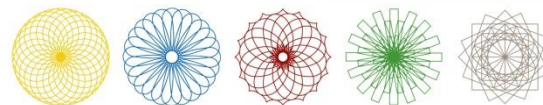


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biking

roller blading

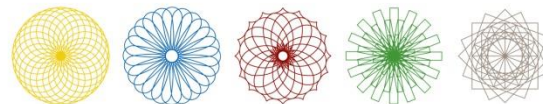


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swimming



martial arts

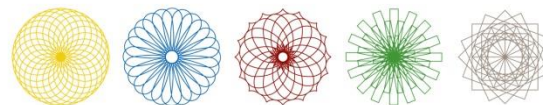


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ski / snow-boarding

climbing



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# workout structure

- ▶ how much time do you have?
- ▶ balance cardio & strength training
- ▶ don't forget to *STRETCH*
- ▶ high impact vs. time spent

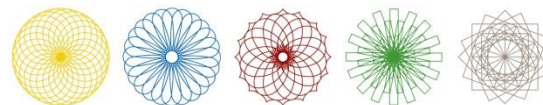


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# short-burst training

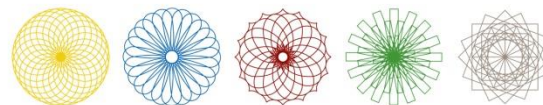


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# it all comes down to a **PLAN**



- ▶ **be specific!** Mon/Wed/Fri @7am / nights at home
- ▶ **be realistic**.... meet your body where it is
- ▶ **be determined**: “no excuses” / “just do it”

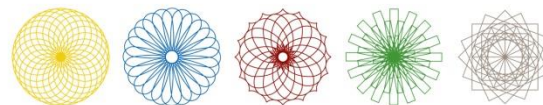


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# top 10 physical activity tips

If incorporating more physical activity is your Achilles heel, try some of the following suggestions:

- ▶ change your vocabulary
- ▶ change your mind set
- ▶ choose recreation
- ▶ make a commitment
- ▶ start wherever you are
- ▶ start with small steps

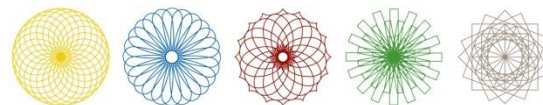


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# top 10 physical activity tips

- ▶ build on your strengths
- ▶ schedule it
- ▶ book someone else's time
- ▶ combine with an activity you enjoy

the key is to find something that works for you – if you don't enjoy it, you're on the wrong track... but there is something for everyone: keep searching until you find your groove!



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*questions?*





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