

LANDMARK LIFE COACHING

TOP 5 WAYS TO MAKE FITNESS A PART OF YOUR LIFE

We all want to be fit, feel good in our clothes and have others notice that we have some pep in our step. There are so many options out there that you can choose from to make fitness a part of your everyday life. This is something that can be done cheap and in the privacy of your home. There is no need to be an expert or feel like you are alone. You just need to take the following 5 easy steps to be on your way.

1. **Research what type of exercise you feel fits you.** Find something that motivates you and you enjoy so that it will become part of your daily routine.
2. **Be creative in what you choose as fitness.** Fitness is not the same for everyone, you need to do what you enjoy and will make improvements in your life.
3. **Determine do you need a motivator or are you self-driven.** Either way you can obtain a Fitness partner to keep you accountable whether it's in your home or at a Gym.
4. **Set aside time everyday this dedicated to fitness, no matter what.** Start thinking of fitness as an essential part of your life, you must do this on a routine basis so that it becomes a part of who you are.
5. **Ignore the scale.** Don't let a number on a scale determine your success or give you a feeling of lack of success. Your improvements are measured in many ways; how you feel inside, energy level, how your clothes fit, how others are seeing the improvements, etc.