

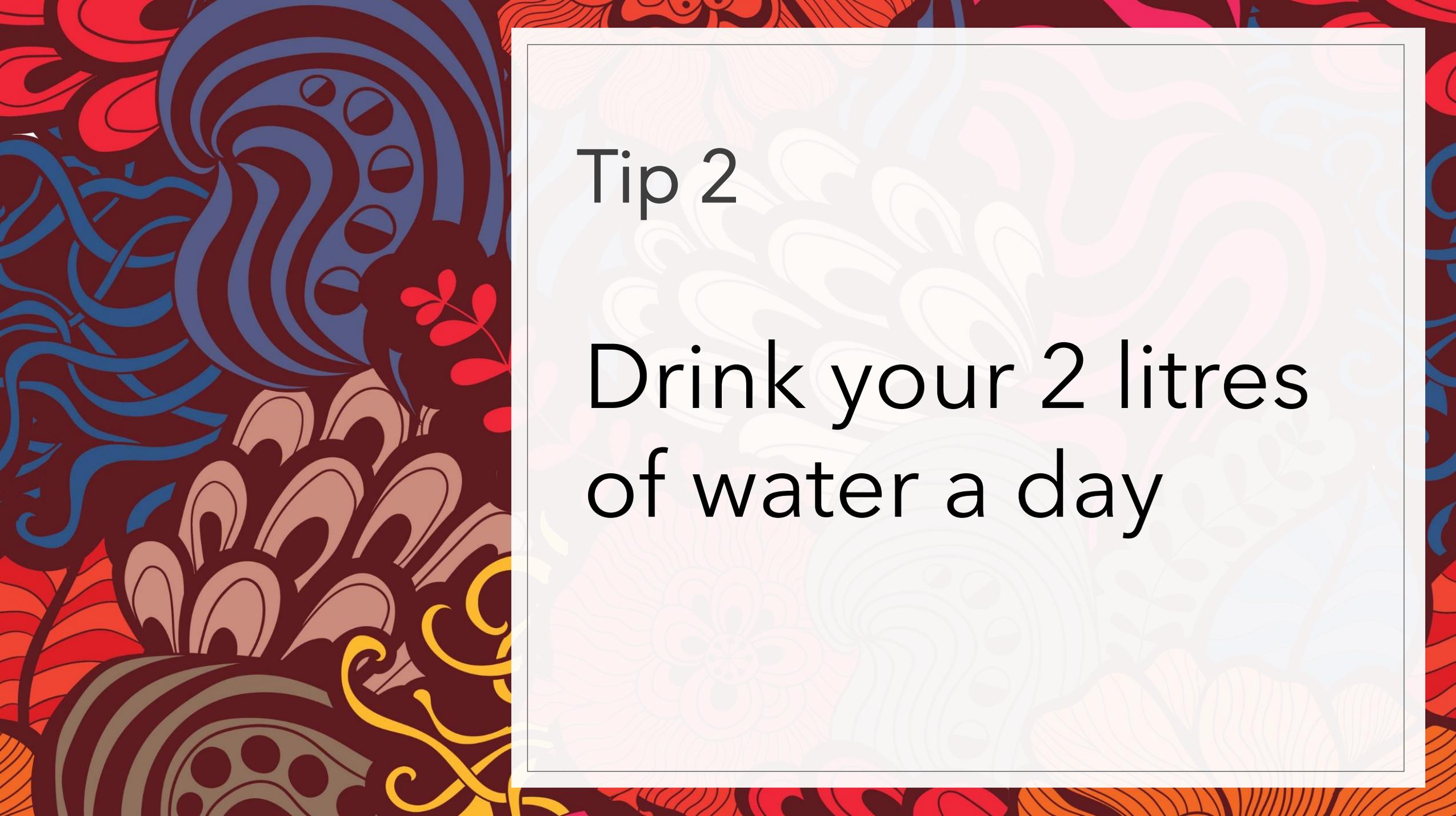


HEALTH AND EXERCISE TIPS AND TRICKS



Tip 1

Set your own
achievable goals



Tip 2

Drink your 2 litres
of water a day



Tip 3

Try and be
'active' everyday



Tip 4

Do some form of stretching at least once a week



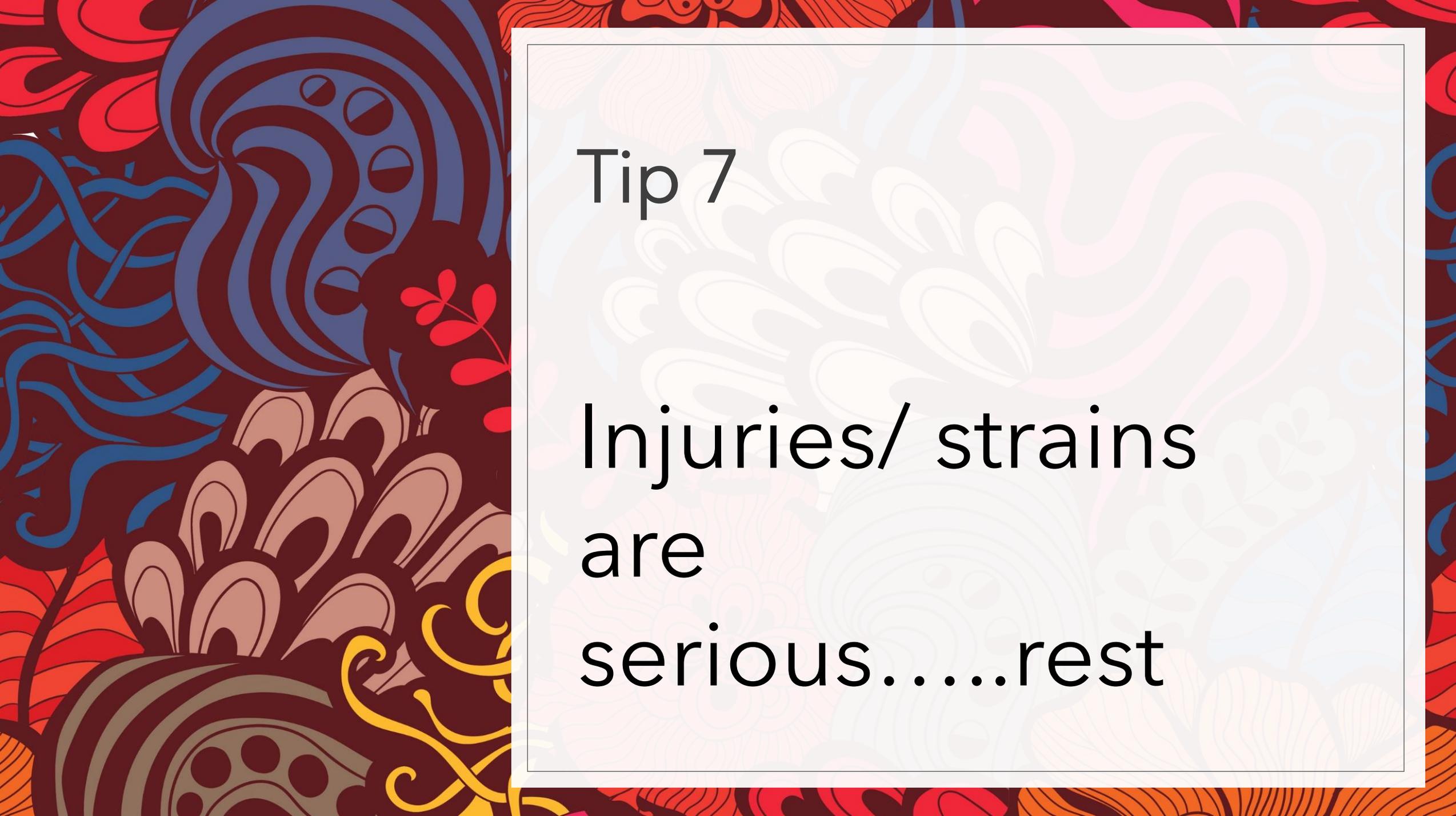
Tip 5

Sleep/rest



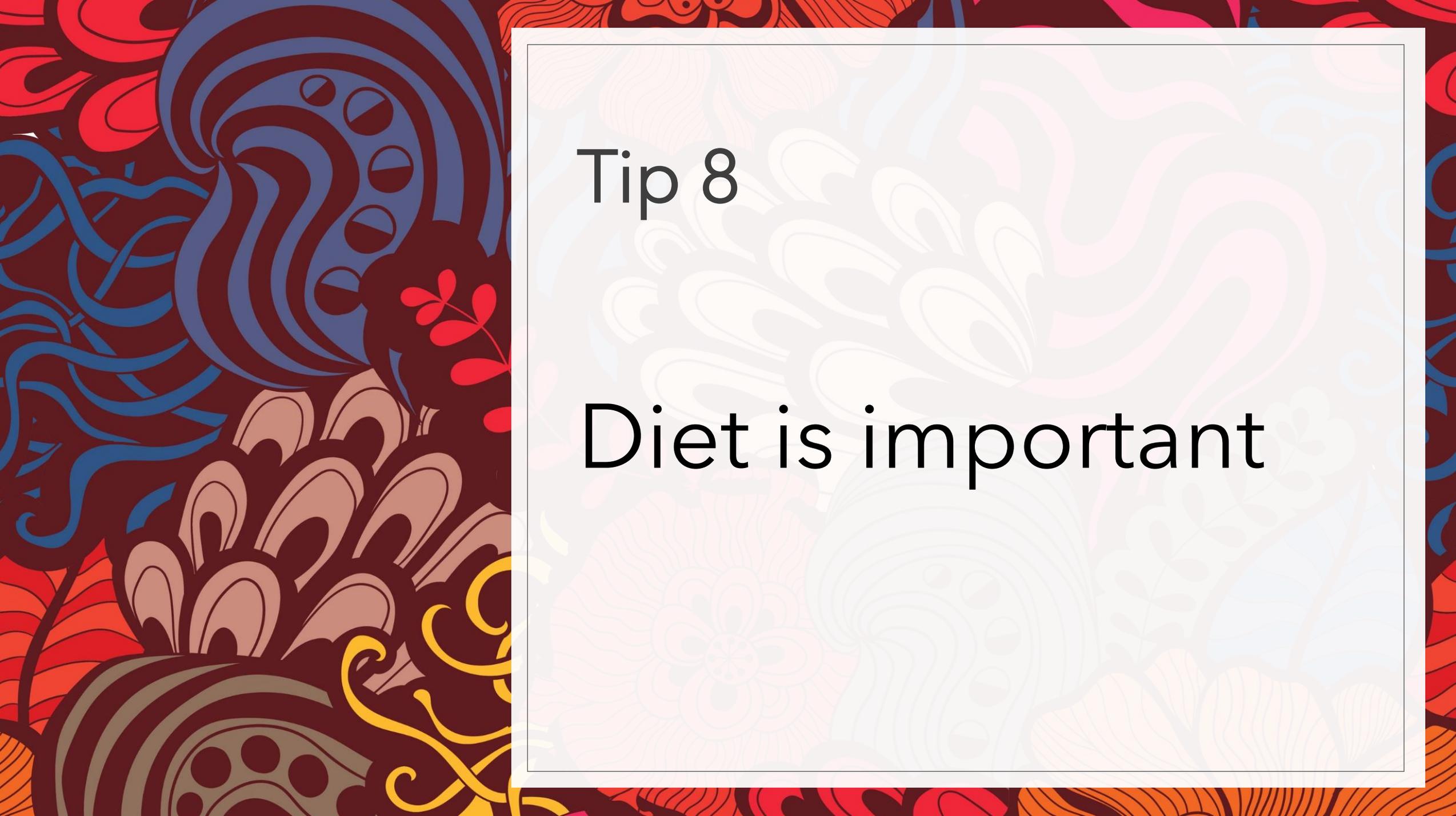
Tip 6

Vary/progress
your exercise



Tip 7

Injuries/ strains
are
serious.....rest



Tip 8

Diet is important



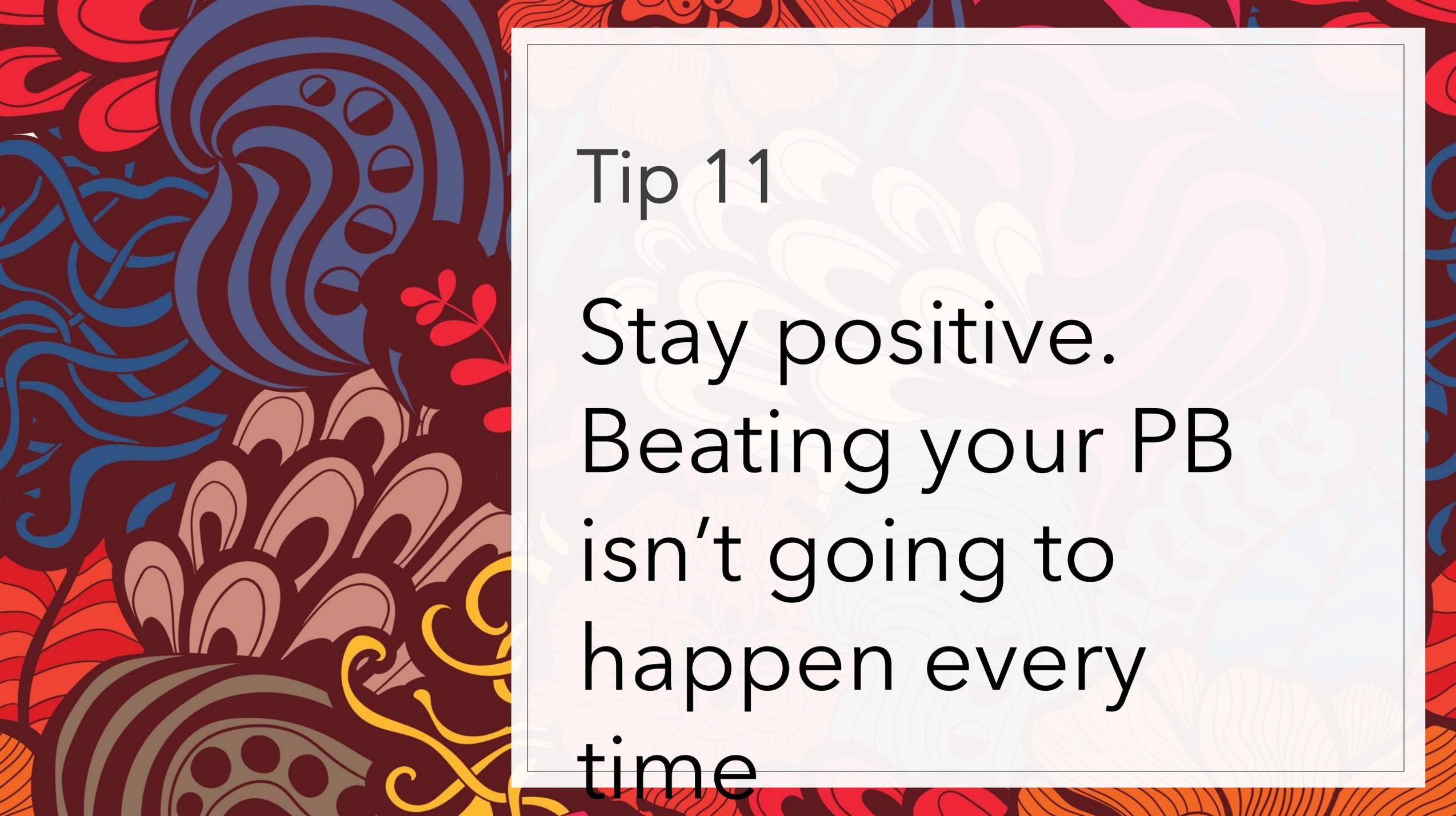
Tip 9

Make your
exercise social/
competitive



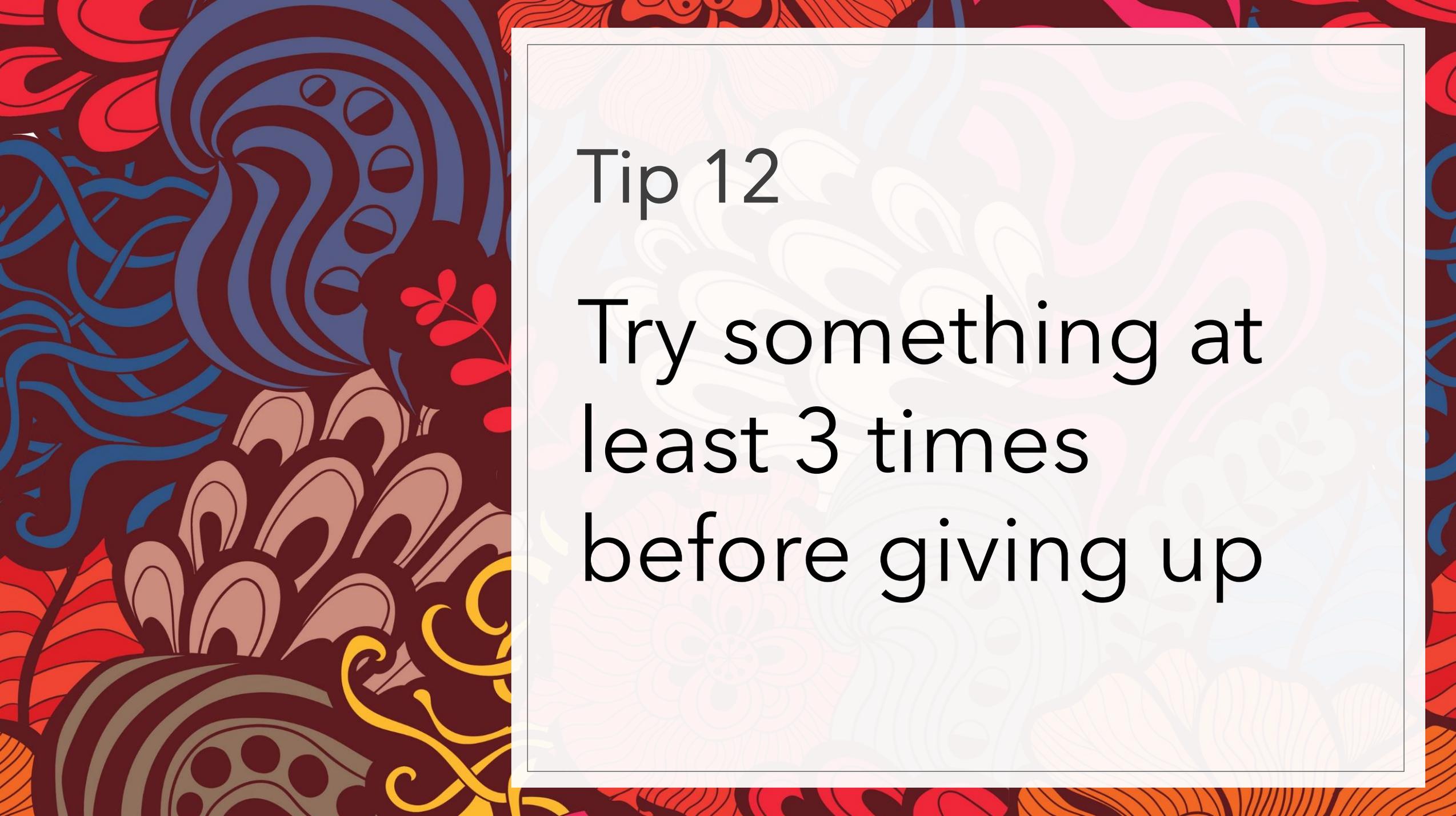
Tip 10

Record your
progress



Tip 11

Stay positive.
Beating your PB
isn't going to
happen every
time



Tip 12

Try something at
least 3 times
before giving up



Tip 13

Warm down/
recovery



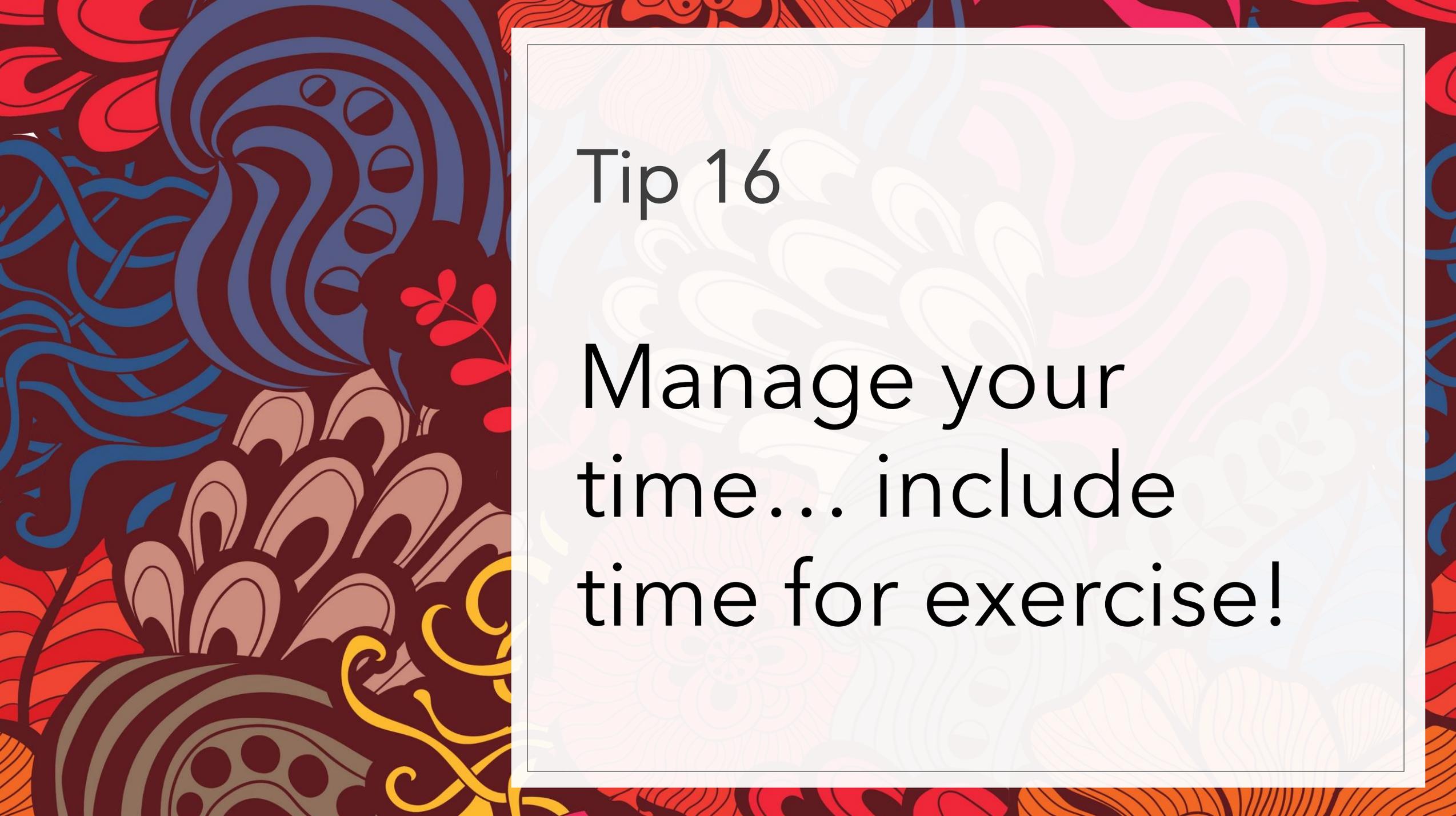
Tip 14

Comfortable
footwear/clothing



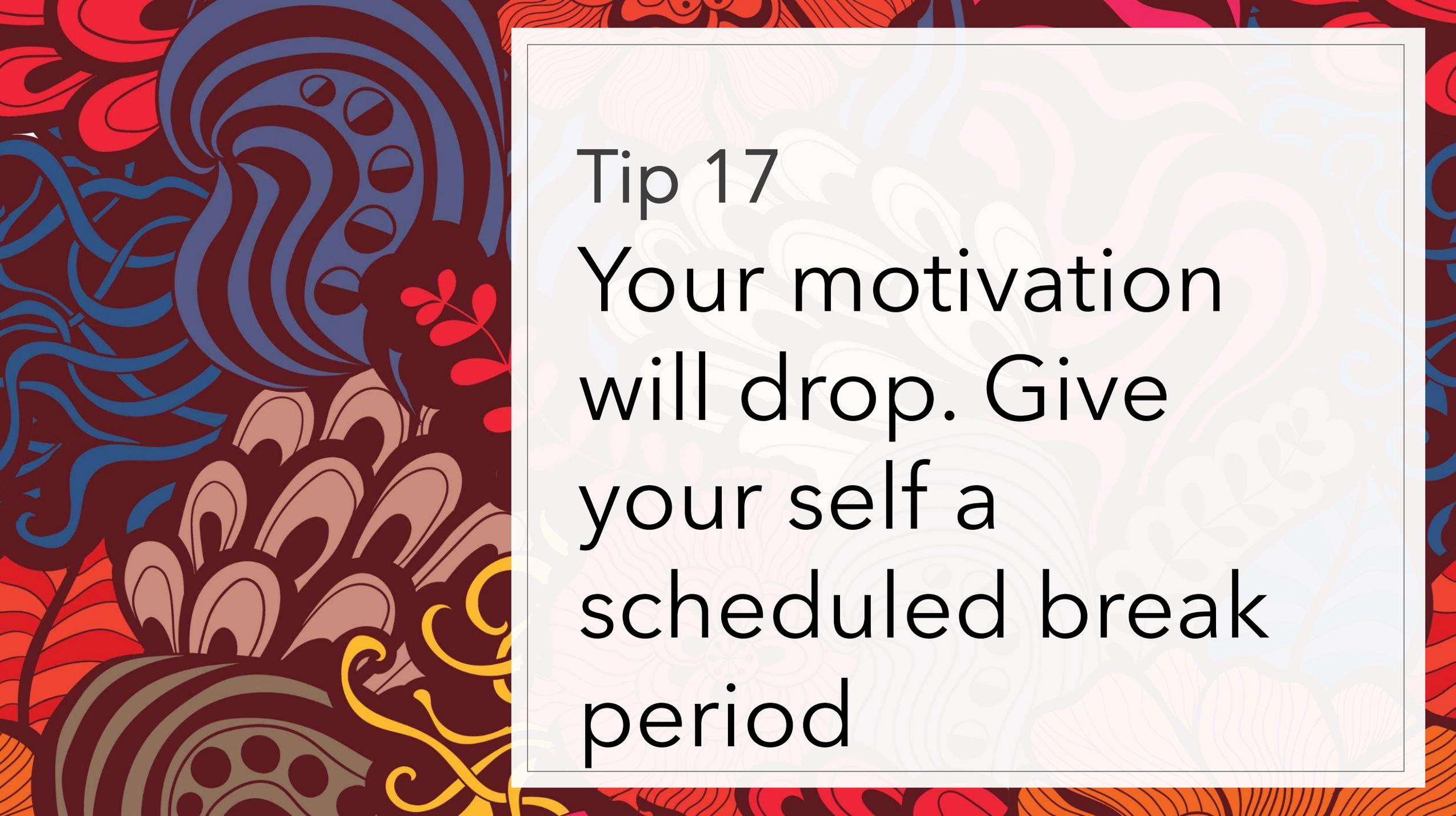
Tip 15

Listening to
something
helps....a lot



Tip 16

Manage your
time... include
time for exercise!



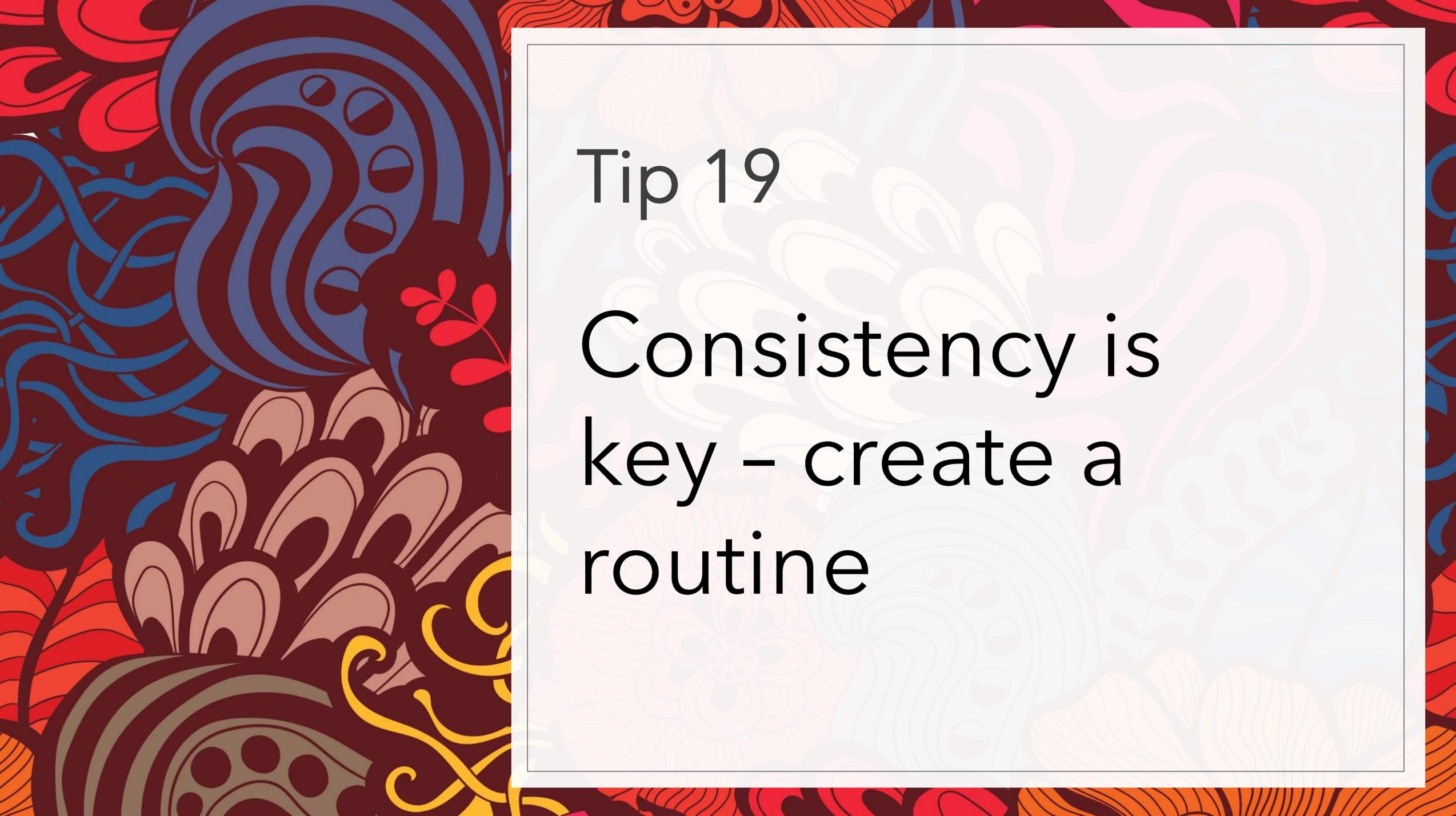
Tip 17

Your motivation
will drop. Give
your self a
scheduled break
period



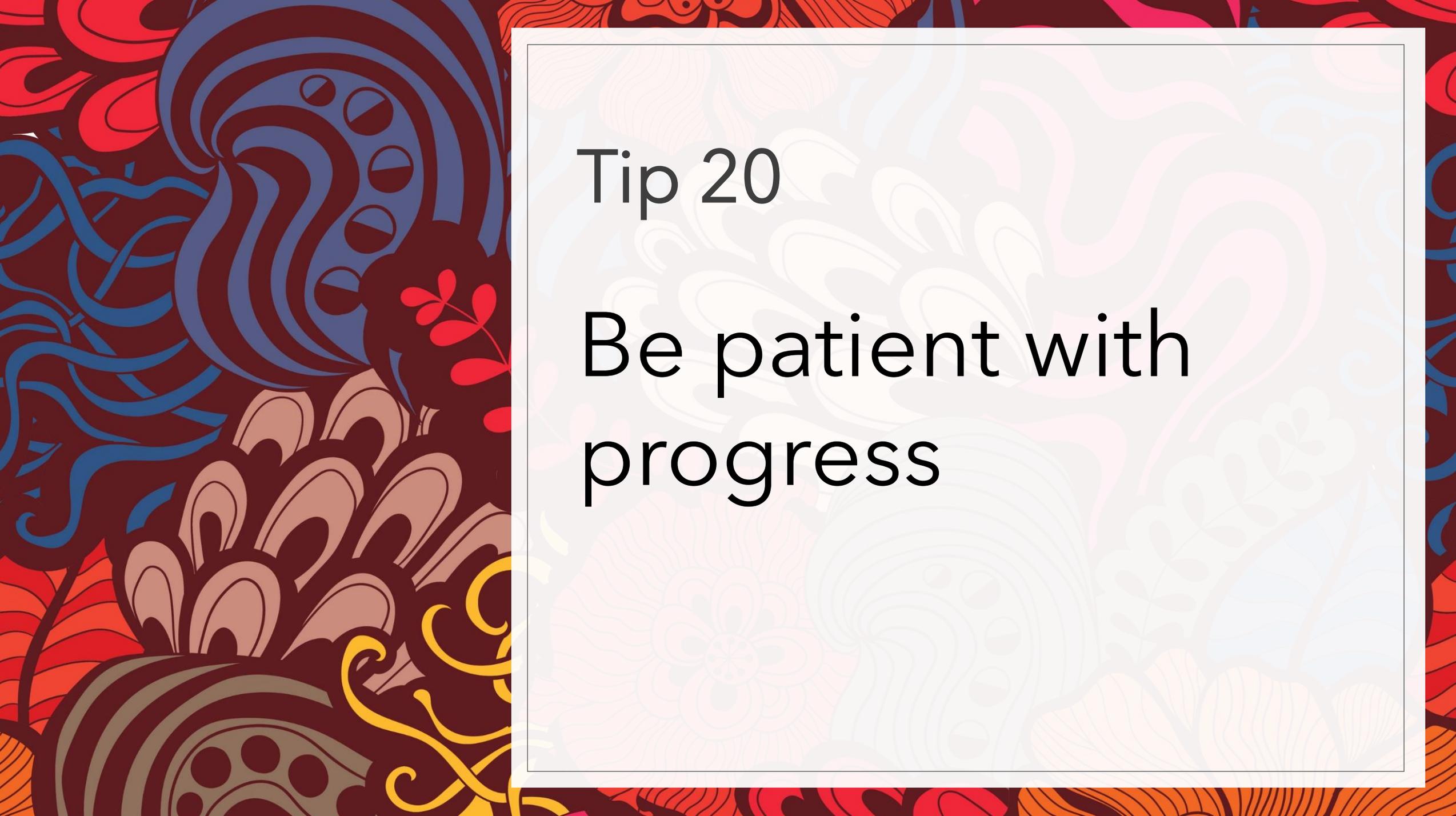
Tip 18

Mix up your run
routes -
especially if
posting on social
media



Tip 19

Consistency is
key - create a
routine



Tip 20

Be patient with
progress