

Make Fitness Non-Negotiable Simple Ways to Squeeze Fitness into Your Daily Agenda

Navigating a busy corporate life while sticking to a workout routine is tough. Yet, with the right strategies, it's doable. Here are 5 tips to help you start and maintain your fitness journey:



Set Realistic Goals



Choose achievable fitness goals that suit your lifestyle. Whether it's 5 minutes six times a day, or 30 minutes once a day. Do what fits for you.

Consistency is key in fitness. Prioritize regularity over intensity. Even 20 minutes consistently builds habits, making shorter, regular sessions more effective than sporadic, longer ones.



Prioritize Consistency Over Intensity





Discover activities you love to stay motivated. Whether it's yoga, cycling, or dancing, pick what resonates with you. Experiment until you find what's both enjoyable and sustainable.

appointments. Regular time slots (mornings, lunch breaks or evenings) make exercise non-negotiable.

Schedule workouts like





Life's unpredictable.





opt for shorter workouts or incorporate movement into daily tasks like taking stairs or walking during calls. Every bit of movement boosts your well-being.

Stay flexible! On busy days,

Empower Your Fitness Health with Clinical Support

Discover personalized fitness with

needs.



tips:

April 02: Injury Prevention & Warmup
April 09: Strength & Biomechanics
April 16: Endurance Building
April 23: Race Day Prep & Cooldown

Bahr Rubinstein, DC

Presented by: Nisha Nadkar, DPT Anna Potapova, DPT Jacia Horton. C-EP therapy expertise to craft customized exercise programs just for you.

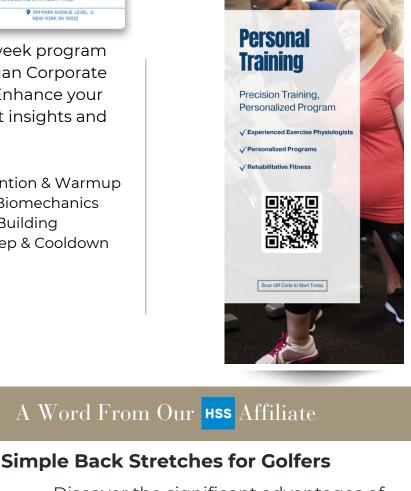
With experienced exercise physiologists guiding you, enjoy safe

team blends chiropractic and physical

360 Medical Consulting! Our expert

Say hello to a healthier, happier you. Start your journey with us today!

and effective workouts tailored to your



Discover the significant advantages of incorporating strength training into your regimen,



Explore how women of all ages, from adolescents

to older adults, can reap distinctive benefits from engaging in strength training exercises.

Click here to learn more!

ranging from enhanced bone density to reduced

Rehab Corner

Boost Your Fitness: Try BOSU Forward Lunges Today

Experience the ultimate full-body workout with Bosu

forward lunges!



This dynamic exercise targets your legs, core, and stability

muscles for maximum results. Improve balance, strengthen muscles, and enhance coordination all in one move.

Take your fitness to the next level, try BOSU forward lunges now!

Click <u>here</u> for video.

Direct Extension x4200 • 929-813-3800 • mlpwellness.com