

Fitness

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



Find Activities You Enjoy



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.

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



Schedule Your Workouts



Flexible and Adapt



Life's unpredictable. Stay flexible! On busy days, 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.

Did You Know?

Empower Your Fitness Health with Clinical Support

Ready, Set, Run!
ARE YOU A RUNNER LOOKING TO ENHANCE YOUR PERFORMANCE AND PREVENT INJURIES?
JOIN OUR RUN READY PROGRAM, A 4-WEEK WORKSHOP DESIGNED TO EQUIP RUNNERS OF ALL LEVELS WITH THE KNOWLEDGE AND SKILLS TO EXCEL IN THEIR SPORT.

APRIL 2ND, 9TH, 16TH & 23RD
5:30PM - 6:15PM
MLP MULTI-PURPOSE ROOM SUB LEVEL -2

INFORMATIVE SESSIONS LED BY:
→ PHYSICAL THERAPISTS
→ CHIROPRACTORS
→ EXERCISE PHYSIOLOGISTS

ENGAGING WORKSHOPS:
→ INJURY PREVENTION
→ DYNAMIC WARM-UPS
→ STRENGTH & CROSS TRAINING
→ ENDURANCE BUILDING
→ RACE DAY TIPS & COOL DOWN EXAMPLES

WHO SHOULD ATTEND?
→ THIS WORKSHOP IS SUITABLE FOR ALL LEVELS OF RUNNERS. WHETHER YOU'RE A BEGINNER OR SEASONED ATHLETE, THERE'S SOMETHING FOR EVERYONE IN THE RUN READY PROGRAM.

ATTIRE:
→ GET READY TO SWEAT! PLEASE WEAR YOUR WORKOUT GEAR!

JOIN THE RUN READY PROGRAM TO BOOST YOUR RUNNING AND STAY INJURY-FREE!

WWW.MLPWELLNESS.COM
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Discover personalized fitness with 360 Medical Consulting! Our expert team blends chiropractic and physical therapy expertise to craft customized exercise programs just for you.

With experienced exercise physiologists guiding you, enjoy safe and effective workouts tailored to your needs.

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

Personal Training
Precision Training, Personalized Program

- ✓ Experienced Exercise Physiologists
- ✓ Personalized Programs
- ✓ Rehabilitative Fitness

Scan QR Code to Start Today

Join our special 4-week program tailored for JP Morgan Corporate Challenge Racers! Enhance your running with expert insights and tips:

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

Presented by:
Nisha Nadkar, DPT
Anna Potapova, DPT
Jacia Horton, C-EP
Bahr Rubinstein, DC

A Word From Our HSS Affiliate

Simple Back Stretches for Golfers



Discover the significant advantages of incorporating strength training into your regimen, ranging from enhanced bone density to reduced injury risk.

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!

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 [here](#) for video.