

Your Future Wellbeing

Set yourself a Monthly Goal and share it with me,

Setting goals are very important to your health and wellbeing. See link

<https://thefitnessstudio.net/guide/exercise-weight-management/achieving-your-goals/>

Complete a Home Workout 3 times a week

Completing The Core, Posture and Cardio Home Workout Challenge 3 times a week is a great way of maintaining and improving your cardio-vascular fitness, the workout can be found on our Exercise page (see link below), don't forget to start with a warm-up and finish with a cool-down. <https://thefitnessstudio.net/guide/your-amazing-plan/>

Food Choices

When or if you feel tempted to eat unhealthy food ask yourself the food questions and send me a picture, with the word; yes or no to the choice you made and the reason to why you made the choice you did. Go to **stay on track section** on our website, see link

<https://thefitnessstudio.net/guide/your-amazing-plan/>

Top Tips

Every time you make that different healthier food choice it has massive impact on your health and wellbeing, follow our top tips see link below

<https://thefitnessstudio.net/guide/healthy-eating/top-tips/>