



TARGET TIPS

DO IT FOR YOU



Exercise is of utmost importance at any time, but when the gym is no longer a part of the equation, keeping fit and staying motivated become even greater challenges. Without the equipment, environment, and moral support you might be used to, you can find yourself feeling that your goals are suddenly too far out of reach. Here are three tips to help you to keep your eye on the prize.

METABOLISM MATTERS

While Resting Metabolism Rate accounts for the majority of the calories you burn in a day, about 30% are burned through ordinary daily activities and an additional 10-20% through exercise. Inactivity can devastate efforts to lose or maintain weight. It's worth your while and within your power to find a routine that works for you, whatever your circumstances!

Pencil it in. In order to maintain an effective workout routine, it's important to commit to one. Whether you can go to a gym or not, you will only achieve your fitness goals if you plan ahead, schedule time for exercise, and don't let anything supplant it. Don't schedule a conference call over it, don't allow distractions to put it off, and don't allow anything to convince you that it's not worth the effort - including that snooze button. If something comes up during your fitness time that you can't control or reschedule, be proactive: reschedule your workout and keep that appointment with dedication. It is as important that you show up for yourself as it is that you show up for others. Your health matters.

Seize every opportunity. Find ways to incorporate exercise into other daily activities. Whether you're working in the garden, preparing a meal, or sitting in front of a computer, this can help you to stay energized and focused on your goals throughout the day. Be mindful of your body while you go about your daily tasks. Are your shoulders hunched or squared? Are your abs loose or engaged? When you lift a bag of groceries or a basket of laundry, check your form as you would before going into a weighted lunge or squat.

Get dressed. When operating from home all day, everyday, you might be tempted to spend all your time in sweats, leggings, or even pajamas. After all, who is going to see you? Nevertheless, your clothes have an effect on your behavior. Not only will you be able to gauge by your favorite pair of jeans, whether or not you're experiencing some insidious weight gain. Your appearance sends a message, even if you are the only one who sees it. You're saying, "I showed up today and I am here to succeed. I am giving my best effort to achieve my best self."