



CREATING YOUR FITNESS PLAN

Feel good about work + yourself

STARTING A PROGRAM



Establish a commitment in the workplace:

- Encourage all staff members to be involved
- Ensure commitment from management
- Establish set training days/times – and don't break the trend
- Assess your fitness levels and be safe

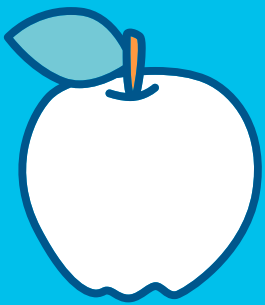
BUILD YOUR PROGRAM



Construct your goals:

- Understand what your goals are first
- Include everyone in program planning
- Make your program realistic and achievable
- Create a balanced routine

IMPLEMENT A HEALTHY LIFESTYLE



Know what best motivates your team:

- Fuel your team with healthier snacks
- Seek external advice e.g trainers/nutritionist
- Hold each other accountable
- Get moving!

HAVE FUN!

It's not all hard work – enjoy being healthier



- Enjoy the challenge
- Get creative – compete against each other
- Use activities to get moving e.g daily/weekly step counting
- Feel good and reward yourself on weekends