



WEEK 2

Couch to 5K Tip Sheet

In order to be successful in any exercise program, you must place put yourself first and schedule in you exercise sessions. Pencil in your upcoming training session on your calendar to ensure that you will have uninterrupted time to commit to your exercise program.



Finding time means "Making Time"

Have you noticed that whenever an exciting event pops up, we always find a way to schedule it in? The same is not always true for mundane events like exercise.

Right now, quickly look over your schedule for the next week. All of us have at least one 30 minute block of time each day that could be devoted to improving our health.



Shave time off your "workout"

The next time you exercise, take inventory of the time spent during your workout that you aren't actually "working out". How much time is spent changing clothes, showering, or driving to and from the gym? Can you change your workout routine?

This could be exercising first thing in the morning or right after work to reduce changing and showering time.



Keep things fun!

Find a gym partner, create a killer play list, or find that one audiobook that you just haven't had the time to listen to. My personal motivation is that I only get to watch *Friends* reruns while sweating through a cardio session.

The key is to find that one thing that will help you to look forward to working out. This in turn will ensure that you are keeping your exercise appointments!

Remember to return all three months of tracking sheets to wellness@weber.edu or MC 3501 by April 19, 2019.