



Fitness Ready Challenge

Prepare fitness gear the night before to facilitate and encourage regular gym attendance

CHALLENGE DESCRIPTION:

Welcome to the Fitness Ready Challenge! This month-long initiative is designed to streamline your workout routine and boost your gym attendance through one simple action: preparing your fitness gear the night before. By doing so, you'll not only save time but also eliminate the common hurdles that can derail your fitness goals.

BENEFITS OF REGULAR EXERCISE

Engaging in regular exercise is a cornerstone of good health. Just 30 minutes of exercise a day offers numerous health benefits:

- **Weight Management:** Exercise **enhances cardiovascular fitness** and helps control weight by burning calories. The more intense the activity, the more calories you burn.
- **Improved Mood:** Physical activity can **improve your mental well-being** as it stimulates brain chemicals that make you feel happier and more relaxed. It can also boost your self-esteem.
- **Increased Energy Levels:** Regular exercise improves muscle strength and boosts endurance, **boosting your energy levels** throughout the day and helping your cardiovascular system work more efficiently.
- **Better Sleep:** Engaging in regular physical activity can help you fall asleep faster and **enjoy deeper sleep**.
- **Reduced Risk of Chronic Diseases:** Exercise can help **prevent or manage various health conditions**, including heart disease, high blood pressure, type 2 diabetes, and other chronic conditions.

By committing to regular workouts, you're investing in a longer, happier life!

FITNESS READY

THE CHALLENGE

This challenge encourages you to plan your workouts ahead of time so that you can prepare your fitness gear the night before and are more likely to stick to your plan. While the challenge does not require you to work out every day of the month, it does require you to form good habits in relation to staying committed to your works outs. To do this, here are some tips:

- 1. **Schedule Your Workouts:** Just like any important appointment, schedule your workouts in advance. Pick times that align with your natural energy peaks throughout the day. If you're not a morning person, head to the gym in the evening.
- 2. **Checklist:** Create a checklist for your gym essentials to ensure nothing is forgotten. There is nothing worse than leaving the house and realizing you've forgotten something like your headphones or running shoes.
- 3. **Visual Cues:** Place your packed gym bag by the door as a visual reminder of your commitment.
- 4. **Have a Goal:** Set specific fitness goals, such as running a 5K or mastering a new yoga pose, to strive towards.
- 5. **Accountability:** Hold yourself accountable by sharing your schedule with a friend or coach, or use a fitness app to track your progress.
- 6. **Reward System:** Reward yourself after a week of successful preparation and attendance. This could be a healthy treat, a new workout outfit, or a rest day.

Check off each day you plan your workout and note once you have completed it:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

CHALLENGE COMPLETE!

Hopefully completing this month-long Fitness Ready Challenge has shown that prepping your gear ahead of time is more than just a way to prepare for the gym; it's a step towards a healthier, more disciplined lifestyle. By embracing these practices, you're setting yourself up for success, not just for the month but for life.



Congratulations on completing the **Fitness Ready** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

