MINDSET

7 SECRETS TO HOLDING YOURSELF ACCOUNTABLE

IT'S ABOUT STAYING ON TRACK.

There's nothing worse than dreading your scheduled workout. Use these seven secrets to help energize your workout routine and hold yourself accountable to your healthy lifestyle goals.



COMMIT TO THE PLAN

Make a plan and stick with it. Whether you commit to one, three, five, or more days a week, don't let yourself skip a planned workout.



FIND YOUR JAM

Everyone has at least one song that makes them get up and dance. Capture that feeling by ***creating music playlists that pump you up and keep you motivated*** throughout your workout.



MAKE IT SOCIAL

Recruit a few friends to try your go-to group fitness class. Encourage your friends to mix it up by organizing a workout-and-coffee or workout-and-breakfast with kids.

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SET SMALL GOALS

Set yourself up for success with goals you can achieve day by day and week by week. Spend time every night before bed visualizing what you're going to achieve the next day ***and commit to it.***



TAKE IT OUTSIDE

Stuck in a routine rut? Mix up your scenery by ***heading to the park, playground, bike paths,*** or any place you enjoy.



CONSIDER OTHER PILLARS

A healthy lifestyle is more than just movement. Don't forget to try simple strategies like ***staying hydrated and taking regeneration breaks*** to help your mind and body feel encouraged to stay on track.



FIND A COACH

Need a little help? Don't worry about it. Your performance team can help set you up for success by uncovering what motivates you and providing the support you need to achieve your goals.