

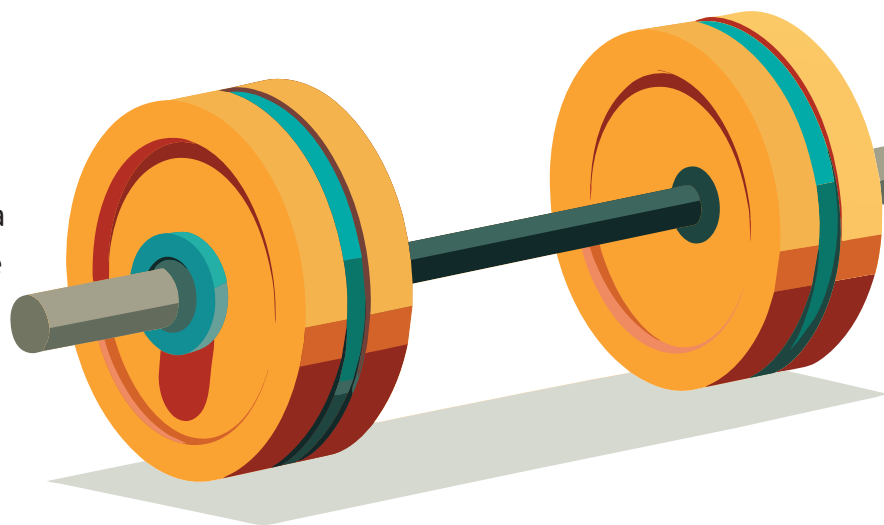
MOVEMENT

6 ESSENTIAL BUILDING BLOCKS FOR A SOLID EXERCISE FOUNDATION

When embarking on a fitness journey, the key to long-term success lies in first building a strong foundation. Here are six essential building blocks that will set you up for sustainable success.

1. **Find your “why”.** When you connect your exercise routine to meaningful, long-term personal goals or values, you create a powerful internal drive that can weather the storms of temporary setbacks.
2. **Start small.** Begin with manageable changes that you can consistently achieve and maintain.
3. **Focus on form.** Master proper technique before increasing intensity or complexity.
4. **Be patient.** Allow your body and mind time to adapt to new habits.
5. **Track progress.** Keep a journal to document physical changes, energy levels, mood and daily functioning.
6. **Seek support.** Consider working with a qualified trainer or joining a supportive community.

Your fitness journey is a marathon, not a sprint. Take the time you need to build a



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