

SUSTAINABLE FITNESS METHODS

What is sustainable fitness?

Sustainable fitness can be categorized as methods of exercise that can be continued for long periods of time. This is also seen as being able to have a higher fitness ceiling/capacity and being able to maintain it.

What are some methods of sustainable fitness?

As many fitness and exercise related topics, finding the method of sustainable fitness depends on the person. Style, time commitment, personal barriers, motivation are some of the common discrepancies of finding a perfect exercise routine. The best way to figure out which is best individually is by getting hands-on and testing.

Sustainable Fitness Tips:

Here are some quick tips when trying to find a exercise routine that fits You!

- **Style:** Not everyone enjoys the same methods of exercise. Whether it's cardio, weight lifting, swimming, etc., find the one that you enjoy and focus on those techniques.
- **Time Commitment:** Unfortunately, we don't have endless time within a day to get exercise in. Getting in a set routine can be wonderful but can become disheveled when trying to add items in. Find a way to not let it impede on the normal day-to-day too much!
- **Motivation and Goals:** Motivation varies day in and day out. Goal setting is a great way to push yourself even when your motivation may be low. Setting specific, reasonable, attainable, time-sensitive goals are some of the best ways to push those results out!

