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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Take a buddy along to a
new sport or exercise
class!



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**Corporate
Bodies
International**

This fortnight's healthy topic...

Exercise Tip: Don't Slog it Out Alone



Have you ever felt the need to go for a jog but just couldn't quite motivate yourself? What if someone was ready to jog with you? You'd be more likely to go and probably have a lot more fun! This is one of the reasons why having an exercise partner or exercising in a group setting is so successful.

There are many ways in which you can avoid slogging it out alone.

- **The gym**
Offers access to group fitness classes to increase adherence and provide motivation. You can choose to be trained by a personal trainer who will give you safe and effective techniques and push you harder to create better results.
- **Exercise with a friend or family member**
You don't want to disappoint them, and you're accountable to one another, so you're more likely to stick to your plans.
- **Get a dog**
What better excuse to exercise than to take your pooch walking. They pull you along, and hopefully their excitement for exercise will rub off on you!
- **Join a local sports team**
Not only will you be committed to regular exercise, you can meet new people and work as a team.

The bottom line...

Exercising with others can be more enjoyable and motivating than exercising on your own!

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**