

# **The Ten Biggest Mistakes that People Make with their health and fitness and how to avoid them!**

## **1. Define your goals.**

Many people start a fitness plan with the goal to be fit but this needs to be more specific and realistic to allow for success to happen. Write down exactly what you want to achieve – be clearly defined and focus your time and attention towards achieving it.

## **2. Picture your perfect body!**

Take a picture of yourself and reshape your body the way you want it to look. Draw in those biceps and visualize what you will look like when you have implemented your workout goals and look at it everyday. Change the approach you take in life to become more healthy. Many people sabotage their fitness plans with continuing unhealthy trends such as excessive drinking.

## **3. Variety is the key and keep the workouts simple but effective.**

Try different types of activities, things that you enjoy whether it be a power walk, a bike ride, some step climbing, swim or even gardening. Stretch classes like Yoga or Pilates are also very beneficial. Your workouts should include cardio workouts, strength training, flexibility work and core strengthening. Always make sure you are performing your exercises correctly. Concentrate on proper form and posture.

## **4. Too Much or Too Little Workout**

Moderate exercise is the key to fitness. A very hard workout will make you sore and set your exercise routine back a few days. A light workout won't bring you the results you desire. Find a happy medium which means working up a sweat but don't exhaust yourself. Have a workout plan that you can achieve. Also be sure to add rest days into your fitness routines and also to get a good night's sleep for your body to repair itself.

## **5. Water, Water and More Water!**

Drink water all day including before, during, and after your workout. You will have better skin and more energy for daily tasks, including your exercise routine.



