

# SB WELLNESS GROUP

Monthly Newsletter | June 2024

SBwellness



MONTHLY  
MOTIVATION TO A  
HEALTHY LIFESTYLE

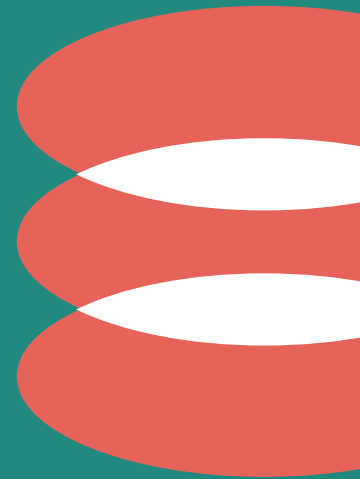


Exercise: Do More of This & Less of That  
Journal Your Way Back to Your Fitness  
Exercise Your Way: Find What Moves You  
Active Lifestyle Motivation

# YOUR EXERCISE ISSUE

## What Needs to Go:

- **Obstacles:** if something has been standing in your way of an active lifestyle, move it.
- **Judgement:** stop negative self-talk about your current fitness level.
- **Unrealistic Goals:** you don't need a lot of time or intensity to get sufficient exercise
- **Feeling Pain:** exercise is not about causing harm or pain to the body. Don't work beyond your fitness ability.



## WHAT YOU SHOULD MAKE SPACE FOR IN YOUR LIFE:

### Make it Fun

Find the exercise that you enjoy doing and even better, the people you would like to do it with.

### Show Up for Yourself

You won't always be excited about exercise. Show up and get started and it will get easier.

### Be Kind to Yourself

Self-compassion increases your chances of success with any goal.

### Make Slow Progress

Start with small and realistic exercise goals and keep building momentum.



# Journal Exercise



Exercise is the best vehicle to living a healthy lifestyle. The benefits are endless. If consistency is your struggle, try breaking down your exercise barriers with the following journal prompts.

## Questions to ask to find your exercise motivation:

1. What are your reasons for wanting to stick to an exercise routine?
2. What are the two biggest obstacles to exercise in your life? How can you work to eliminate them?
3. Did you stop exercising for a particular reason? Write about it and reflect on whether that obstacle is still there.
4. Is there a way to remove judgment from your workouts?
5. How would you feel if you stuck to a commitment to exercise once or twice a week for a whole year?



Show up for yourself;  
it's YOUR workout.

# FIND WHAT MOVES YOU EXERCISE YOUR WAY

The key to a sustainable fitness journey lies in discovering what works best for you. Exercising your way means tailoring your fitness routine to fit your unique needs and preferences. By identifying your goals, assessing your interests, considering your schedule, mixing up your workouts, and staying inspired, you'll create an enjoyable active lifestyle you will want to live with.

With so much information and the overwhelming choices of workouts and



exercise routines it can be confusing when trying to find what is right for you. Our advice? Don't overthink it.

The goal really should be that simple; to consistently get moderate to vigorous movement that feels right to your body and fits into your lifestyle. The best plan and type of exercise for you is the one you are most likely to stick to at this point in your life. Keep in mind that every active minute adds up to better well-being. Take the steps to Exercising YOUR Way: [FULL ARTICLE](#)

**The hardest thing about exercise is to start doing it. Once you're doing exercise regularly, the hardest thing is to stop it.**

**–Erin Gray**



“Exercise should be regarded as  
tribute to the heart.”  
—Gene Tunney



# SBwellness

**Your Partner in Health!**

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**You don't have to be  
extreme, just consistent.**

