

The Long GAME



WELLNESS HAS SEASONS JUST LIKE EVERYTHING IN OUR LIVES.

Consider the seasons your wellness has. At any given time you are in one of these four; building, maintenance, resting, or backsliding! We can't always stay in building mode. Our bodies need rest and sometimes things happen in life that can throw our fitness schedule off. Or, you could reach a point where you are no longer stimulated by your current fitness schedule. That simply means it's time to shift what you're doing and plan ahead for something new.



Building mode is when you're pushing harder, looking for muscle, distance, speed, new challenges.

Maintenance mode is when you're, maintaining the status quo. Maybe a few things have slipped a bit but you're still hitting close to that 80%.

Resting mode is slowing down, taking a break. Check-in, how long has your break been going on?

Backsliding is when something has stopped you in your tracks. Maybe you've injured yourself or you no longer focus on your fitness.

Pay attention, is your motivation slipping? Is it time to reach out to your accountability partners or offer to help someone else?

When you're helping others it's easier to get motivated yourself!

Consider your workouts, cardio, nutrition, sleep, emotional wellbeing, and habits:

Where are you in building mode?

Where are you in maintenance mode?

Consider your workouts, aerobics, nutrition, sleep, emotional wellbeing, and habits:

Where are you in resting mode?

Where are you backsliding?

Consider your workouts, aerobics, nutrition, sleep, emotional wellbeing, and habits:

Where do you want to expand?

Where do you want to relax?

Consider your workouts, aerobics, nutrition, sleep, emotional wellbeing, and habits:

Where are you just fine with what's going on?

Anything you would like to add?