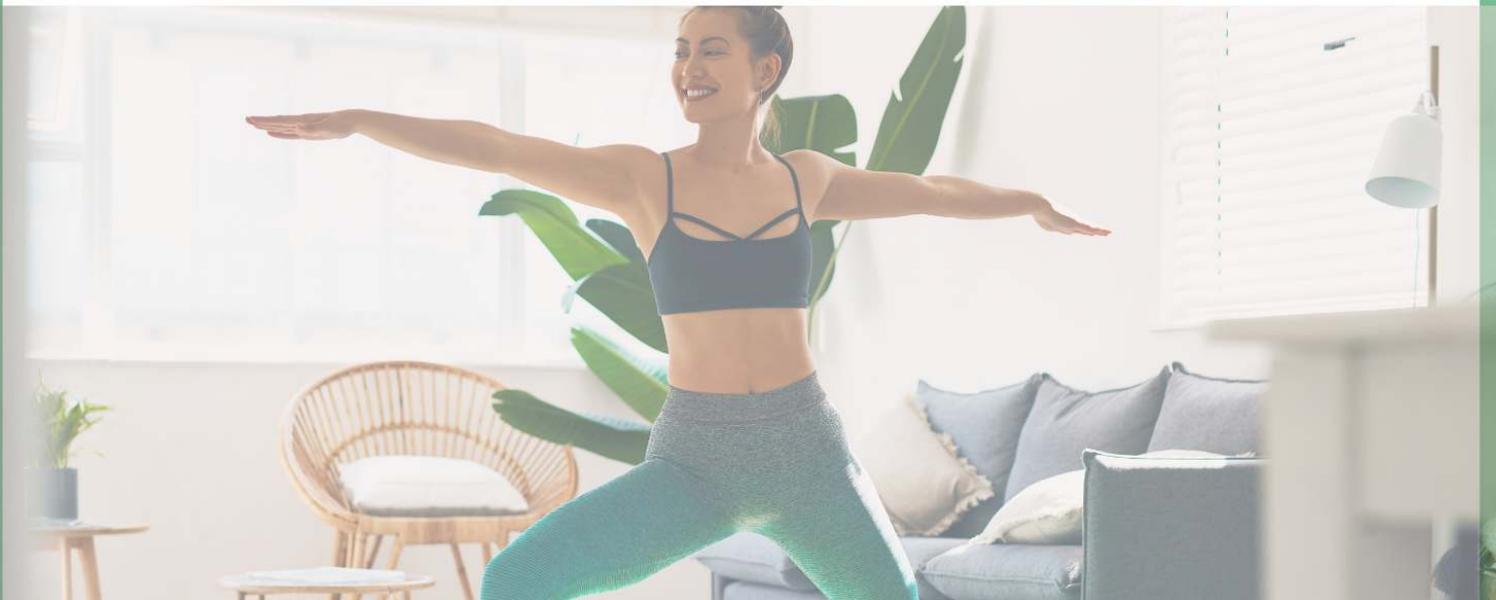




THE BUSY WOMEN NEW GUIDE TO SAVE TIME FOR WORKOUTS

WITHOUT CHANGING ANY PLANS

3 EASY STEPS



3 easy steps How to Find Time to Exercise

1) Appropriate Time

- We all have a **time frame** during the day that is right for us. For someone, it will be morning. It is a great way for people who like to get up early to exercise in the first half of the day. In this case, what is most difficult for us will be done when we have the most energy. If you are not a morning person, just choose the right time for you.
- **Add to the agenda.** Another important aspect in terms of time is to include the workout in your schedule. And best of all, do this before planning other work. If workout becomes a priority, it is more likely to be done.
- **Duration.** Choose the duration of your workout (15 minutes, 30 minutes, 1 hour, etc.). What duration would be most appropriate for you today and would not interfere with other plans?



2) Know exactly what you will do in your workout

Some people can wing it, but most of us do better when we know exactly what we are going to do during our workout time. It will save a lot of time. It will also make the workout much more effective.

For each workout you schedule, make a note of the following:

- What type of workout you will do (cardio, walking, running, strength, yoga, dance, pilates, etc.)
- Describe your workout as clearly as possible (30 squats, 15 push up, 1 minute plank, etc.)
- If you already have a workout program/plan/videos, prepare them in advance so you can reach them quickly. And during the workout just follow all the program instructions.



3) Prepare the necessary items in advance

Below you will find the list which helps you save a lot of time and it will be much easier to do your workout if you prepare necessary items in advance. Gather everything you need at least the night before .

- Workout clothes and shoes
- Mat (if used)
- Water bottle
- A workout program/plan/videos (if used)
- Additional equipment (jump rope, weights, ball, etc.) (if used)



How to start exercising?

In this guide we have covered 3 easy steps "How to Find Time to Exercise".

It was only one of the seven important topics how to to start exercising easily and with pleasure.

If you are asking yourself: "How do I get the pleasure and motivation power of workouts without pushing myself hard?"

To answer this question you need to discover more information about yourself:

What blocks (fears, inner beliefs, body complexes, etc.) do you have and why do they stop you from any physical activity?

- How to convert them to your power solutions?
- What motivates you from the inside? Do you know WHY you want to do it?
- How to create an external motivation system that is customized only for you?
- What goals do you want to reach? What rewards will you get?
- What is your favorite workout? How to find it?
- How do you measure your progress?
- How to prepare for workouts and eliminate all excuses easier and see results faster?

This is exactly what about the 7-step Workout Starter Plan is.

THE 7-STEP WORKOUT STARTER PLAN

The WSP is a simple, fast and easy 7-steps online program. It will help you to find all the important answers about your motivation, goals and favorite workouts. More importantly, it helps you to create the right mindset – the foundation of consistent and productive exercise.

It's very easy to adapt to your daily routine.

This online course program together with an automated daily workbook will help you in the next 7 days become an active woman, be happier and unlock your potential by doing workouts you love to do.

In the next 7 days, you will start your new active, healthier and happier lifestyle.

**JOIN the 7-step FITaFUN Workout Plan
Community and start exercising with pleasure!**

JOIN NOW