

HERE'S WHAT OTHERS SAY ABOUT HOW THEY GET MOVING:

- I don't like working out, so I make a point to move throughout the day. I turn on music and dance while doing chores around the house or do squats while I'm brushing my teeth.
- I love to try new fitness classes in my town. There are lots of great options, and it helps me choose ones I like the most.
- I rely on my friends to keep me motivated. We have a group text and get together often to go for hikes or check out a yoga class together.
- I keep my sneakers and socks by the front door so it's easy to get outside and go for a jog or walk.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO GET MOVING MORE?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

The energy we need for life, as well as for exercise, comes from what we eat and drink. To perform at your body's peak level, sports nutrition experts recommend specific nutrients before and after a workout, along with plenty of fluids. The Arbonne TrueSport collection has been designed to deliver a competitive edge to athletes and amateur activity enthusiasts. The products can improve performance, enhance results, increase endurance, and build confidence in the body's natural abilities.

Start with Workout Fuel, then quench thirst with Hydration, and support a healthy recovery with Muscle Recovery post-activity. The products do not contain ingredients typically found in competitive lines, such as whey, caffeine and soy that some have sensitivity to, yet they offer professional level results.