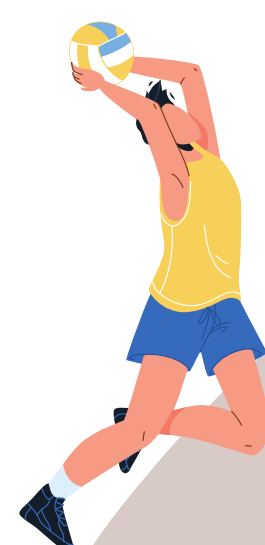


TIPS TO MAINTAIN A HEALTHY LIFESTYLE

Article by:
Gabriel Lee, nEbO member
Temasek Polytechnic
Marketing Intern @ NTUC Club



Due to our hectic lifestyle, lack of physical activity is very common, which often results in neglecting our own health and well-being. Despite our busy schedules, we should always set aside time during to exercise and maintain a healthy lifestyle. Always find a balance that suits your needs.

Check out these tips that can help you stay motivated and lead an active lifestyle during the upcoming holiday season.

1) INCORPORATE PHYSICAL ACTIVITY

Allocate your time wisely and plan some time aside for your workouts as it provides many health benefits such as reducing risk of cardiovascular diseases, relieving stress and improving concentration. Incorporate it into your daily routine and build up this habit.



2) FIND ACTIVITIES YOU ENJOY!

Spend time doing an activity or sport that you like and enjoy, that will keep you motivated! You might just find yourself anticipating for the next workout session!



3) SET FITNESS GOALS

Setting SMART goals gives you extra motivation to achieve them. Start with simple goals such as walking 5,000 steps daily, then move onto long-term goals such as running 10km. Focus on achieving your goals and constantly monitor your progress.



4) CREATE A WORKOUT PROGRAM

Work towards your goals by creating a workout schedule that suits your time and needs! Tick off that checklist one step at a time and feel the sense of accomplishment after. It might give you an extra boost, and your efforts will pay off.



5) GET OTHERS INVOLVED!

Working out with friends sharing similar interests keeps you motivated. You and your workout buddies can support, inspire and encourage one another. With plenty of activities, it's a great way to spend time with your friends!



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