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## STEPS TO MAINTAIN A FITNESS LIFE . . .

### 1 *REGULAR EXERCISE*

Aim for a minimum of 1 hour of moderate activity per week. Include cardio, strength training and flexibility exercises.



### 2 *BALANCED NUTRITION*

Follow a diet rich in fruits, vegetables, lean proteins, and whole grains.



### 3 *REST AND RECOVERY*

Get 7-9 hours of sleep per night for physical and mental recovery. Incorporate active rest days to prevent burnout.



### 4 *MONITORING*

Set realistic goals and adjust your routine based on achievements and challenges.

