



Get Fit. **Life Tip.** **Buddy Workout**

In the colder months, we often tend to forget about the gym and stay in and hibernate. Keep yourself motivated this winter by finding a workout buddy to help you stay on track with your health and fitness goals. Studies have shown that applying the buddy system to your workouts can keep you consistent on going to the gym. A workout buddy can be a great source of motivation to get to the gym, push yourself during your workouts, and try something new. Whether you are taking part in a buddy training session or are scheduling workouts at the gym with your friend, you are more likely to stay on a consistent schedule and make it to the gym regularly with a workout buddy.

When selecting a workout buddy you want to find someone that compliments your workout style. For example, if you are good at getting in your cardio but lack motivation to do strength training, find a buddy that can help motivate you to hit the weights and you can help them get on that cardio equipment. Working out with someone that has a different approach or style can keep your workouts new and exciting and may help you avoid plateaus.

Have a fitness or nutrition question you'd like to see a life tip on? Post it on Facebook!

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