

# 5 STEPS TO GET ACTIVE IN 2024

## 1. PRIORITIZE CONSISTENCY

Aim to visit the MMAC regularly, ideally 2-3 times per week. Even if your schedule is tight, commit to at least checking in, taking a lap on the track, or engaging in a short activity. Consistency is key to establishing a routine.

## 2. START GRADUALLY

Begin your workout routine with manageable increments of time, especially if you're returning to physical activity after a period of inactivity. Start with a modest ten-minute workout and gradually increase the duration as your fitness level improves.

## 3. DIVERSIFY YOUR WORKOUTS

Avoid monotony by experimenting with different exercises and equipment. Instead of sticking to the same routine every day, explore various options available at the MMAC. Incorporate activities like using different machines, trying free weights or resistance bands, or exploring classes like TRX or yoga.

## 4. MIND YOUR NUTRITION

Pay attention to how your dietary choices impact your energy levels and performance during workouts. Avoid consuming heavy meals right before exercising, as they can make you feel sluggish. Opt for balanced, nutritious meals that support your fitness goals and be mindful of portion sizes to prevent overindulgence. You can also try our Saturday Nutrition Series with Lou Ann!

## 5. ENJOY BEING ACTIVE

Embrace the diverse range of activities offered at the MMAC and discover what brings you joy in your fitness journey. Whether it's playing basketball, trying pickleball, trying a Wellbeats classes, or engaging with the supportive staff, prioritize activities that make exercise enjoyable and sustainable for you. Remember that being active is not just about achieving individual goals but also about finding fulfillment and connection within a community.