



MAY IS FOR MOVING MORE

As the days grow shorter it can take a bit more motivation to keep up your fitness activities. So, for the month of May we want to share some helpful tips to keep up your fitness routine and adapt to new ways of movement.

1. INDOOR WORKOUTS:

Take it inside! Try your hand at an indoor cycling class, a strength training session, or group fitness workouts at your local facility – variety makes it easier to move more.



2. FITNESS CHALLENGES:

Challenge yourself to complete a 30-day fitness challenge, set personal bests, or explore new workout styles.



3. OUTDOOR ADVENTURES:

Venture outdoors for brisk walks, scenic hikes, or leisurely bike rides. Reconnect with the natural world while getting your heart pumping!



4. PERSONAL CONNECTION:

Engage your loved ones in family-friendly fitness activities that promote connection and wellbeing.



5. MINDFUL MOVEMENT:

Consistency is key! Shift your mindset and view working out as the ultimate form of self-care. Take the time (and the challenge) to make May all about moving more!



For more information and ways to move more visit
www.fitnesspassport.com.au | www.fitnesspassport.co.nz

