

Fit & Fun Challenge Workbook

Commit to Fit

Week 01



Whether you're a bona fide couch potato, a regular runner or somewhere in between, you might be looking to take your fitness to the next level. Research shows that exercising consistently is linked with improvement in overall health, quality of life and cognitive function. Our eight-week Fit & Fun Challenge is here to facilitate your journey. You'll start with a baseline of your current activity and energy levels, evaluate the barriers that may be stopping you from exercising and create a plan to get in better shape. Over eight weeks, you'll track your progress and celebrate small victories along the way. Imagine what you'd like to achieve in eight weeks – then join the Fit & Fun Challenge today to make it happen!

Ask Yourself

First, take a few minutes to determine where you are now by asking yourself a few questions and recording your responses.

What is your why? How would you benefit from getting into better shape right now?

Imagine yourself 8 weeks from now. What is one thing you'd be able to do after participating in the Fit & Fun Challenge?

Note: Please consult with your healthcare provider before adopting new health practices or physical fitness routines.

What *stops* you?

When it comes to adopting an exercise regimen that yields results for body, mind and brain, you need to bypass the barriers that stand in your way. Here are a few workarounds for some of the most common obstacles from Heather Milton, exercise physiologist supervisor at NYU Langone Health Sports Performance Center.

“I’m too tired”

You may find you have **more energy if you exercise** regularly.

“I don’t have time”

Do it anyway. **Exercising regularly may give you more energy and improve sleep quality.**



“I’m too old”

Staying active helps to slow the aging process. You lose muscle mass when you stop working out.

“Walking is boring”

It can be, but it can also be a time to unwind, take in some fresh air and **listen to your favorite playlist or podcast.**



“It’s too expensive”

Exercise doesn’t have to be costly. Walking doesn’t cost a thing. **You can also find a lot of free classes at your local community center or online.**



“I injured myself before, and I’m afraid of doing it again”

Injuries often result when you go from doing no exercise to 10-mile runs. **Progress slowly** and giving yourself rest days in between workouts can help.

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