Day 6 - Switching Up Your Routine

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There are just 2 days left of this email series, so we wanted to be sure to talk to you about your routine, and when it is okay to adjust it. Just because you want to exercise on certain days of the week, does NOT mean there isn’t room for changes. You should always do what works best for you, your interests, and your schedule.

**Routines Change When You Do**

It is really important that you stay flexible throughout this entire process, which means being open to changing your routine if and when it is necessary. This doesn’t mean doing it differently every single week, as that might make it harder to turn it into a health habit. Instead, just re-visit your routine if something changes in your life. As you adapt and change, so will your exercise routine.

**Try Different Workouts**

Even though you went through the initial stage of trying different types of exercises to figure out what you enjoy, it is also a good idea to try others in the future. Maybe you have been using the elliptical and doing weight training for a few months, but you feel like it is getting boring. This is a good time to see if your gym has classes, try a home workout, or just get outside and enjoy outdoor activities.

**Adjust the Days and Times**

Sometimes, changing your workout routine is as simple as choosing different days or times. For example, if you have been working out in the morning Monday, Wednesday and Friday, you might skip Wednesdays and add a yoga session on Saturday. Or you might decide to try your workouts in the evenings instead of the morning.

**Take Care of Yourself**

Always keep your mental health and emotional wellbeing in check. Check in with yourself to ensure you are still satisfied with your exercise routine, nourish your body properly, and don’t overdo it.

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