

# 10 Tips to Make Every Workout Count!



## 1. START WITH A PLAN

Stay focused by planning your workout before you get to the gym. Your time will be much more efficient.

plan B

## 2. HAVE A PLAN B

It happens – sometimes the best intentions can go off track, like when the equipment you want is occupied or out of service. Have a back-up to avoid becoming discouraged.



## 3. FUEL UP

Get energy and build lean muscle with delicious Purely Inspired® Whey Protein & Greens. It's a complete nutritional shake.



## 4. STAY HYDRATED

There's nothing worse than becoming parched halfway through your cardio session. Keep your enviro-friendly water bottle clipped to your gym bag, and keep another in the car (just in case).

"Power through it"

## 5. FIND YOUR MANTRA

You'll be amazed how effective repeating a powerful sentence can be. Put your social media skills to good work and find yours! We like, "Power through it" and "Excuses don't burn calories."



## 6. VISUALIZATION

During cardio, imagine unwanted pounds melting away from your physique. When crushing the weights, put your mind into the muscle. Focus on every rep and the effect it's having on that muscle group.



## 7. POST WORKOUT MEALS

You'll need to replenish your hardworking muscles. Chocolate milk or a peanut butter and jelly sandwich are great immediately after. Once you get home, enjoy a high-protein, healthy carb, low-fat meal.



## 8. POST A PIC

It's not vanity or narcissism; it's simply acknowledging your hard work and the results. You never know who you may inspire.



## 9. PRACTICE GOOD GYM KARMA

Wipe down the equipment when you're done. Put the weights away. Don't hog the machines. 'Nuff said.



## 10. DON'T OVERTRAIN

At least one day a week should be dedicated to active rest. Go for a stroll with your pup or a nice bike ride with friends. Keep your body moving, but give the hard work a break for the day.