

Blurbs Physical Activity 2020 – Break Down the Barriers – Email Blurbs

Week 1

10 minutes – 100 calories. Minutes matter! Take 10 with our quick, “Cardio Crush”, “Body Blaster”, or “Deskercise” workout plans. Stay consistent and you could see results within a few weeks!

Week 2

Get inspired, get motivated, and get moving! We have a little of everything to help you get you started.

Week 3

Exercise is one of the best predictors of health – but is your exercise suited to your needs and goals? We discuss the difference between aerobic and anaerobic exercise and the health benefits of each. Your exercise prescription is ready!

Week 4

Too busy, too tired, too late. We’ve all made excuses to avoid a workout. Don’t start with what you should do, start with what feels good. Find something you enjoy, make it part of your routine, and you won’t need an excuse. Let’s get started!