

Blurbs Sleep 2020 – Break Down the Barriers – Email Blurbs

Week 1

10 minutes – 100 calories. Minutes matter! Take ten with our quick “Body Blaster”, “Core Crusher”, 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 anaerobic and anaerobic exercise and their health benefits. 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!