

## **Monthly 7 – Seminar Push for New Lead**

Hi (Name),

It can be so difficult to find time to get in a good workout. There is the trip to the gym, changing your clothes, cooling down, a shower, and then traveling back. It can be so time consuming that sometimes you think, "Is it really worth it?"

The key to any change you want to make in your life is to be consistent. It's better to do a little every single day, rather than skip it and do a more intense workout less often. We have a few tips for you that can help you to get in the exercise without wasting any time!

Instead of crunching an entire workout in during lunch, after work, or in the morning, try splitting it up between the three. High-intensity training is extraordinarily good for your body, while not being too hard on your system. Rather than an hour-long workout with a warm up and cool down, instead do ten minutes of high-intensity running first thing in the morning. During your lunch hour, take only ten minutes and jump rope your heart out. At night after work, do another ten minutes of weight lifting. Splitting it up will make it easier on your time *and* your mental block against exercise! You can always spare ten minutes, can't you?

If you're seated at a desk all day, take small breaks to power walk. If you've got a private office, do crunches or lunges every hour for just five minutes. You could even try sitting on a balance ball to help your abs, legs, and back to become stronger and tighter.

Do you like to watch television at the end of a hard day's work? If you've got a treadmill or a stationary bike, then watch your favorite program while you work out. It will make the time fly by and you won't feel like a couch potato! If you prefer to exercise outdoors, listen to a book tape rather than music, so that you can get in that novel you've been dying to read. Keeping your brain active will make you forget about how difficult your workout is. Plus, you'll be multitasking!

For more tools, tips, and tricks about getting your body in shape when you don't have a lot of time, spare a single hour to come to our [Weight Loss Seminar](#). We can teach you both time and money saving techniques that will have you slender and healthy in no time!

Wishing you the best,

(Clinic Name and Information)