

# EXERCISE

## DO'S AND DON'TS



### DO'S

Make it a habit and stick to it



Be realistic, your exercise goals can't be achieved overnight



Switch it up, train all your muscle, do not focus in the same place all the time



### DON'TS

Push yourself, better start slowly but steadily

Give up, you better keep going no matter what obstacles you face

Overdo it, allow your body to rest and recover