

## How “Fit” is Your Community?



This January, we will be searching for the **Most Fit Live 2 B Healthy® Community** in the ENTIRE NATION! Could it be your community? This contest will provide the winning community with some really fun prizes – not to mention bragging rights about being the **Most Fit Live 2 B Healthy® Community** – but, it will also provide you, as a class participant, with some great encouragement to re-commit to your health and wellness by attending as many Live 2 B Healthy® classes in your community as possible during the month of January. Your participation could be the key to your community’s winning this great distinction!

Every person who attends class during the month of January will earn their community 1 Participation Point. The more classes you attend, the more Participation Points your community earns. You can also invite others to visit your class – because new attendees count too! And who knows, maybe by simply extending an invitation, you will convince a neighbor or friend to make a commitment to take better care of themselves in 2019?

A common understanding is that it takes 21 days to develop a new habit. With this in mind, January will be an awesome opportunity for you to begin to develop your habit of regular participation in a fitness class. Especially with a fun contest to help motivate you! According to [Brian Tracy](#), there are 7 steps to developing a new habit:

1. **Make a decision.** Decide clearly that you will perform the specific activity 100% of the time.
2. **Never allow yourself an exception** to your new habit. Don’t make excuses or rationalizations and don’t let yourself off the hook.
3. **Tell others you are practicing a new behavior.** It can be a very powerful motivator to know that others are watching to see if you have the willpower to follow through.
4. **Visualize** yourself participating in your new habit.
5. **Create an affirmation** that you can repeat to yourself. For instance, “*I make time to exercise because I am worth it.*”
6. **Resolve to persist** until the new behavior becomes so automatic that you feel uncomfortable when you do not participate in it.
7. **Reward yourself** – big or small, make sure you reward yourself in some way for following through on your resolution.

The **Most Fit Live 2 B Healthy® Community of 2019** will be the community that increases their *total average participation* in their Live 2 B Healthy® classes for the month of January, 2019 by the *highest percentage* over their 4<sup>th</sup> quarter average class attendance (October/November/December 2018\*).

\*These numbers will be provided to participating communities



To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.