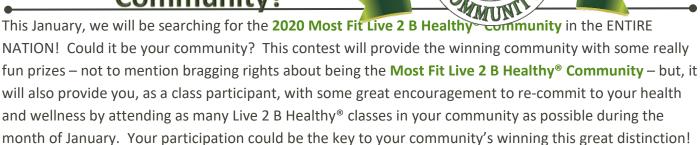


## December 2019

## How "Fit" is Your Community?



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 2020?

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 <a href="Brian Tracy">Brian Tracy</a>, 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."
- 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 2020 will be the community that increases their total average

will be the community that increases their total average participation in their Live 2 B Healthy® classes for the month of January, 2020 by the highest percentage over their 4<sup>th</sup> quarter average class attendance (October/November/December 2020\*).

\*These numbers will be provided to participating communities



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

<a href="https://franchise.live2bhealthy.com/class-schedule/">https://franchise.live2bhealthy.com/class-schedule/</a>
Enter your zip code to find locations near you.