

HAVE THE PERFECT WORKOUT!

Visualization can help your workout. Picture yourself succeeding!

Can you talk? If you can't speak a few words without taking a breath, back off the intensity.

Drink up! Dehydration reduces exercise performance.

Don't work out on an empty stomach—this might lead to burning muscle tissue instead of body fat.

There's no "best time" to work out. Exercise when you feel most motivated!

Bring a buddy! People who have workout partners are more likely to stay on track.

Cross-train to avoid injury and keep your workouts interesting.

Setting solid goals gives you something to work toward and helps keep you motivated.

