

## Tony Horton - 11 Laws of Health and Fitness

I share this because it works.

- 1. Variety:** Practice the Three Cs - BE CREATIVE. STAY CURIOUS. LIVE COMMITTED. Stick with the kinds of workouts that you enjoy. A variety of exercises, workouts, and sports will allow you to avoid injuries, plateaus and boredom.
- 2. Consistency:** SHOW UP - BE PATIENT - FOLLOW THROUGH The more you do the better you get. A lifestyle that includes multiple forms of exercise five to six days a week guarantees results.
- 3. Intensity:** YOU'RE TOUGHER THAN YOU THINK. Learn to find the line for yourself and create a balance of going above and below that. Do the extra rep or two, increase your range of motion, and increase resistance as you get stronger.
- 4. Purpose:** FIND YOUR REASON WHY What will keep you coming back for more? Do you desire better health and vitality or do you want to improve your fitness? Perhaps you desire more energy and enthusiasm for life or self-esteem and confidence. Do you want to be healthy for your children?
- 5. Reality:** THE TRUTH WILL SET YOU FREE Stop living in the past, the future and for other people. Know the difference between the truth and fantasy for your life. Accept who you are today! Find a workout that works for you and your body type and choose workouts that target your strengths and weaknesses.
- 6. Sport:** GO OUTSIDE AND PLAY! Set a goal, take a class, sign up for a race, explore, meet new people and challenge yourself!
- 7. The Plan:** CREATE ACCOUNTABILITY Plan it and you'll do it - wing it and you won't. Write it down, talk about it, schedule workouts and stay accountable with a partner.
- 8. Stress and Sleep** STRESSED OUT AND SLEEP DEPRIVED? There's a good chance you don't eat right or exercise. Find ways to combat stress. A healthy lifestyle requires restorative sleep, patience and stress management.
- 9. Love it...or leave it!** WHAT BRINGS YOU BACK DAY AFTER DAY? If it feels like work, then it won't work. Find out what you love (no matter what anyone else says) and do that!

**10. Flexibility:** THE FOUNTAIN OF YOUTH Flexibility improves strength conditioning and cardiovascular conditioning. Stretching, pilates and yoga can replenish natural flexibility and the durability of our youth!

**11. Food and Supplements:** YOU ARE WHAT YOU EAT! Food is energy that feeds the mind, body and spirit...or not. Don't use pills, potions or processed foods to lose weight. Eat fruits, veggies, whole grains, lean proteins and healthy fats to maintain your health and fitness. Healthy foods combined with regular exercise helps with weight loss, increased energy, recovery from workouts and helps maintain healthy bones, muscles and joints.

**TRY IT! YOU MIGHT SURPRISE YOURSELF!**