

2022

STAY FOCUSED, Stick With It

YOU CAN DO THIS

TAKE THE FIRST STEP

Share your DIY fitness ideas and stay fit

BE BETTER



1

How do you stay fit

It is not easy to stay fit and healthy but ever the more important that you do. People spend more and more time sitting. What do you do to stay fit, both mentally and physically.

2

Make it more fun / easier

Can you think of an easy way to make it more fun to exercise? Or how can you take away barriers to start.

3

Try your idea and shoot a clip

Explain your idea in a tellsell- like advertisement style and make a short clip of that.



4

Meet your peers

Get in a meeting with your group. Introduce yourself, what you do to cope with covid and present your "advertisement" Have one of the groupmembers record the meeting as evidence.



Food tips welcome

What is your favourite brainfood? How to minimize sugar intake? Got a vitality-drink recipe to share?



Ditch one bad habit

It could be nail-biting, smoking, eating out of boredom, not flossing regularly, etc. Just pick one bad habit that's dragging you down and work on eliminating it from your life.

You can't expect perfection overnight, but with consistency, you're sure to achieve your goal.

DON'T GIVE UP

YOU CAN DO THIS



Rethink the traditional

Desk chair Yoga. Espresso squads. Kitcen-door sit-ups. Dinner table tennis. Make it fun to move your body.



Get adventurous, try something new

Is there something new you are trying to master? Share it.



Get in touch

Organise an online meeting with your team. In the meeting everybody should introduce him/herself, explain the covid thing he/she is doing and present the tell sell advertisement clip. All viewers give feedback.

Anything goes