

## AS THE WEATHER CHANGES... \_\_\_\_\_

As the weather changes and the days become shorter, make every effort to stay consistent with your workouts. Regular movement enhances everyone's happiness and well-being!

Resisting the change of seasons by allowing the weather to affect your mood wastes energy that you could be spending on positive endeavors. Try not to let gloomy, cold and wet days bring you down!

If you feel a case of the blues settling in, fight back with a little more breath and intensity in your workouts. Wake up sleepy muscles with mindful movement. Energize yourself with positive thoughts!

Instead of resisting, embrace the opportunities each season brings!