

## [CONNECT] We're in Week 2!

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From: Dr. Venus (team@doctorvenus.com)

To:

Date: Monday, March 30, 2020, 09:18 AM PDT

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Welcome to Week 2 of the CONNECT TO HEALTH experience!

**How are you doing? How did week 1 go for you?**

**This week we are going to get things moving – as in exercise.**

Well, if you started the sample workout I've provided, then you've ALREADY gotten things moving. In that case, KUDOS to you!

Do you have a physical activity you enjoy...or at least something you don't dread?

I know not everyone enjoys exercising. Many people see exercise as a chore. Sometimes it's about time, convenience, and/or simply finding something they enjoy.

If you aren't sure where to start, let's look at some options and see what you discover! Once you discover the formula of time-convenience-enjoyment and realize the benefits of exercise, you won't want to stop!

Be sure to check in with us in the [Facebook group](#) and let us know how you're doing.

**Week 2.**

**Find what moves you!**

**Exercise actually *gives* us energy!**

Exercise has also been shown to be great for reducing stress, anxiety and depression, as well as keeping us looking and feeling younger.

Think about how you feel after you've been sitting around for hours, versus how you feel when you're up moving around. You feel better when you're active, right?

**You don't have to spend hours at the gym to get the benefits of exercise.** And right now... most of us don't really have the option to head out to the gym anyway.

If you've taken a break from exercise, start with something simple like a 20-minute walk. Look at ways you can add more activity into your day – a short walk during your lunch break (if you're working), another walk after work perhaps, and always practicing physical distancing, of course. If finding 20-30 minutes at a time is challenging, see how you can break it up into smaller chunks of time. 10 minutes, here and 10 minutes there – it adds up and is still beneficial!

The key is to start with *something*, and COMMIT to it. It doesn't have to be all or nothing.

**What gets measured gets done.**

Having an activity tracker like a Fitbit, Vivofit, or pedometer is a great way to see how active you are. Activity trackers can give you an idea of how many calories you burn during the day, and it can be motivating to see your progress.

You can also use an app like RunMeter or WalkMeter to track your walking pace and distance. There are more and more fitness tracking devices coming out on the market all the time, but for starting out, a basic pedometer might just be perfect. (I just checked online and there are several pedometers available for pickup or delivery at Walmart; also at Target.)

It helps to have a goal of 10,000 steps per day and see how close you get to that each day. If you are just starting out, a goal of 5,000 per day for the first month may be more realistic. These step goals may

be a little more difficult with so many of us staying at home with the COVID-10 situation. But marching in place counts, too!

Remember to check with your doctor before you start a new exercise routine.

Find a friend or coworker that has similar goals and figure out something you can do together to help keep each other accountable... and our [Facebook group](#) is the PERFECT place for this accountability right now. For many people, this can be a huge help and a great motivator. Studies show that when there is a support system in place, people do much better sticking to their goals.

Do you prefer to work out at home? Great! There are endless options for workouts to choose from for every fitness level. Options include exercise DVD's, online workouts (we've got TWO workouts scheduled in the [Facebook group](#) this week, Tuesday and Thursday at 7pm **ET**), fitness apps and more. Let me know if you need suggestions.

Joining a gym is usually a great option, too (though not possible during our #StayAtHome precautions). If you can invest in a personal trainer to get you started, you'll see results quicker and be assured that you're using proper form to prevent injuries. (I have online private training available as well. Just REPLY to this email if you're interested.)

There are plenty of exercise options available - find something you enjoy so you'll look forward to it rather than considering it a chore. And I can't say it enough... remember your physical distancing. Here are just a few:

- Walking
- Running
- Dancing
- Biking
- Inline skating
- Swimming (if you have your own pool right now).
- Strength training
- At-home workout DVD's
- Online Workouts
  - > [Our Facebook group](#)
  - > Boxing
  - > Martial Arts
  - > Kickboxing
  - > Yoga
  - > Pilates
  - > Cross Fit
  - > TRX suspension

**So what will you start with this week? Put the days and times on your calendar, just as you would for an important appointment.**

**Tip:** Get your workout clothes ready the night before and have them laid out all so you're ready to go. Put them where they'll be one of the first things you see when you wake up. If you work out in the morning, put your workout clothes on first thing, before you do anything else.

**Take note:** Always check with your doctor first before starting a new exercise routine.

**What type of exercise can you plan to do this week?**

**Now, jump into our [Facebook group](#) and let us know what you're planning to do.**

**Need ideas and encouragement?**

**>>> Join us in the group to see what others are doing!**

[FYI: If you joined our program a little late, you can check out the previous emails and downloads on [this page](#).]

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**REMINDER:** Join us for our next LIVE workout in the [Facebook group](#) tomorrow, March 31st, at 4:00pm PT / 7:00pm ET (USA/Canada). Dress appropriately for an "aerobics class" type of workout.

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*Stay Fit! Be Happy!*  
-Dr. Venus  
DoctorVenus.com

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