



## Don't use exercise as a punishment.

Have you found an exercise regime that is pleasurable rather than punishment?

You would not believe the difference in people when they shift their perspective from one of pain and suffering to one of proactive positive self-care.

### **DO NOT EXERCISE TO PUNISH YOUR BODY.**

If you hate the gym, you're not doing the right exercise for you. You've got to find that thing you love and embrace it as much needed self-care and exercise therapy than punishment.

I have had clients who started off hating the gym but now absolutely love their sessions. It's their time to whack on those headphones, immerse themselves in their fav tunes and have a competition with themselves in each workout.

### **What's your favourite way to work out?**

Dancing, racket sports, swimming? Long walks in the countryside? Are you part of a sports team? Exercise exists in so many forms.

Don't box yourself into one category that you don't enjoy.