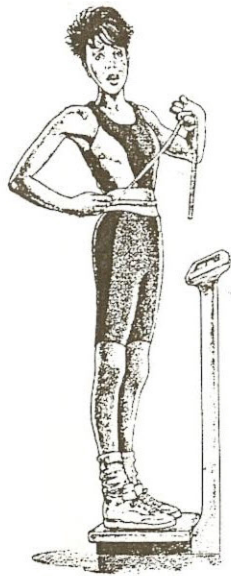


**Push  
but  
don't  
punish  
yourself.**



Take it easy on yourself. Consistency over time "cements in" habits (you'll feel guilty if you skip exercise). After three weeks, your new habit will be "second nature"—after six months, it will become a lifestyle habit. Keep track of your monthly averages (e.g. at least 12 exercise sessions monthly).

**Celebrate your successes regularly!**



Other brochures available

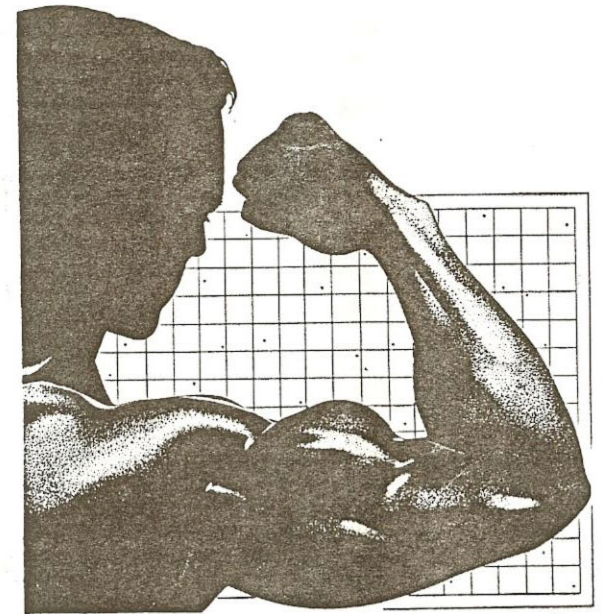
- Relaxation: The Fourth "R" for Educators
- How Your Sense of Humor Improves Your Sense of Balance
- Foods that "Soothe"
- How to Handle Change



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## **HOW TO "PUMP YOURSELF UP" FOR YOUR EXERCISE PROGRAM**

(Motivational Tips for Fitness)



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