

# CRAFT AN ACTIVITY PLAN FOR BALANCE AND MOTIVATION

Check your plan for the 3 Cs and consider including balancing and motivating activities that will support your body.

## The 3 Cs

- C**omfort - Do you feel comfortable with where and how you're moving?
- C**onvenience - Can you get to each workout without a lot of effort?
- C**ompatibility - Does it help you feel your best? Does it balance your body?

## Balancing and Motivating Activities

Try out new activities to explore how they create body balance and make you feel. The more you personalize your plan, the more it supports your ability to keep working out and doing what you love.

### Balancing

Make one of these your primary type of activity, but complement it with the other two, as well:

- Cardio
- Strength
- Flexibility/mobility

### Motivating

Choose activities that support how you want to feel. For example, do you need to be energized or soothed? If you need to release tension, you might choose to go for a brisk walk, run, or bike ride. Think in terms of "I need to feel X, so I choose to do Y."

