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Workplace Wellness

Spring INTO ACTION

Workplace Wellness Challenge

Week 7 – Selecting a Fitness Partner

Spring INTO ACTION

Selecting a Fitness Partner

Shared Goals

Connect with a friend, family member or co-worker with similar fitness goals. Your goals should be firm. Include short-term and long-term goals.

It is important for each partner to write down his or her fitness goals and the plan for reaching those goals. After you have created your individual goal sheet, discuss them with your partner. Each partner should have the list of goals, to look back on and track progress.

Availability

Set a time that you can meet together to exercise, whether it's once a week or several times a week. Pick something that works with everyone's schedule, and set that time aside on your calendar.

Accountability

Check in with each other to make sure you stay on track. Set a monthly date for check-ins. These appointments allow you to look at your progress and make changes where needed to keep you on a successful path!

Accessibility

Determine the best method for communication: text messaging, social media, phone calls, emails, etc.

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References: *Michigan State University (2011, May 18). Virtual workout partners spur better results, study finds. ScienceDaily. Retrieved May 17, 2012, from: http://www.sciencedaily.com/releases/2011/05/110518161707.htm*

Gorin, A., Phelan, S., Tate, D., Sherwood, N., Jeffery, R., & Wing, R. (2005). Involving Support Partners in Obesity Treatment. Journal of Consulting and Clinical Psychology, 73(2), 341-343.