



5 Ways to Win With Online Fitness!

1. Treat working out from home like going to the gym

Set up a workout area that you can commit to, to the best of the ability in your home. If you just drop into a workout in your kitchen or living room halfheartedly, your experience will not be satisfactory. BE at the workout only, not trying to multi-task with work, family or cooking and other distractions.

2. Find the best fit for whose online services will suit your needs

Do you want the structure and support of an online trainer who can meet you live? Do you just want to do group fitness classes live? Do you want to have access to plentiful workouts that can be done at any time of your liking without being tied to a certain time? Do you have injuries or conditions that need special attention?

3. Select your trainer or online fitness studio prior to purchasing equipment

Once you know who you are working out with or where you are working out, you can get guidance on what equipment you should have to best utilize the services they provide.

4. Think long term when deciding pursue your fitness online

Do you want just fitness or something more full service like nutrition and other programming for your wellbeing beyond fitness? Make sure your selected provider offers everything you want now and may want later!

5. Know your needs before selecting your online fitness source

What are your goals? Justing starting? Focused on lifting heavy? Prefer kettlebells or like suspension training? Need yoga? Do you want lots of support or just little? Are you going to purchase just based on price?