

HOW YOU CAN DO EXERCISES EVERYDAY

The Power Of Photography





TIPS TO START EXERCISING



1. JUST DO IT!

Scott Jurek mentioned a concept in his book *Eat And Run* that you only need to run for a limited distance and each next day run a bit more. Each professional started as a beginner.

2. START SMALL

You don't really have to go to the gym if you want to start exercising. You only need to start. And the only way how to start is to START. So it is sufficient to do 5 squats the first day. On the next day you will be more motivated to do more.





3. STAY CONSISTENT

Noone ever get bulky or a sixpack in a span of one week. To feel better, look better and to progress, you need to train 3 or 4 days a week.



4. DON'T BREAK YOUR ROUTINE

Don't break your routine after 3 days just because you can't see the results. The results usually show after 2 weeks depending on your body type.



5. FIND A TRAINING BUDDY

A training buddy may motivate you to go to gym, make meetups, give you advices how to train and progress better.



WHERE TO EXERCISE?

AT HOME

If you won't go anywhere, you may perform many exercises from your room. You may only need a bit of space to do exercises with your bodyweight or even tae-bo.



IN THE GYM

In the gym is huge variety of equipment and machines. The environment motivates you to work-out longer.



IN THE PARKS

In parks you may run, do some exercises with your bodyweight. Or some parks may even have some training platforms.



TYPES OF EXERCISES

WORK-OUT

Lifting weights and using machines lead to highest muscle grow.



AEROBICS

Doing aerobics helps you improve your balance and makes you get into shape. And improves your healthy.



ATHLETICS

Running helps you to change your mindset or forget your current problems and afterwards face them with new energy.






BEST EXERCISING QUOTES


One man practicing
sportsmanship is far better
than 50 preaching it.

Persistence can change
failure into extraordinary
achievement.

No pain, no
gain.



Santa be like:
“No lift, no gift”.



THANKS!

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- 2) Histerico - Associacao de Artes (Portugalia)
- 3) Connected for Future (Bułgaria)
- 4) Youth for Experience - Slovakia (YES) (Słowacja)
- 5) Young Leaders CZ z.s (Republika Czeska)
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