

# STAYING MOTIVATED TO MOVE

Are you ready to lace up those sneakers, break a sweat, and conquer the virtual marathon challenge? We know it can be tough to stay motivated, but fear not – we've got the perfect recipe for keeping that energy high and those feet moving!

**1** *Set Mini Goals:* Break down your marathon into smaller, achievable goals. Celebrate each milestone to keep the momentum going. That can be a certain number of steps per day or miles per week so that 26.2 mile total doesn't seem so far.

**2** *Rock Your Playlist:* Create a killer playlist that pumps you up! Music has the power to elevate your mood and make those miles fly by.

**3** *Buddy Up:* Grab a friend, family member, coworker, or invite a virtual workout buddy to join you. Having someone to share the journey with adds fun and accountability.

**4** *Dress the Part:* Get in the spirit by sporting some marathon-worthy gear. A new workout outfit can make you feel like a fitness rockstar! Plus, you'll be ready for all those "after" photos.

**5** *Mix It Up:* Vary your route and exercise routine. Keep things interesting by exploring new paths or trying different workouts to stay engaged.

Whether you're a seasoned runner or just getting started, the virtual marathon is all about embracing the journey. Stay motivated, stay positive, and let's make this marathon one for the books!

