

Vibrant Life Coaching

with Mindset, Nutrition and Lifestyle Coach Sherri Vieira

How to find a Workout you love

ask yourself these questions

ask yourself the following questions to help determine the criteria to find your perfect workout routine.

Do I prefer familiar workouts or variety in my routine?

Do I prefer to be inside or outside when I workout?

Do I like to workout alone, in a small group, or in a larger group?

What time of day do I have more energy?

Do I enjoy trying new things?

Would I like training for and participating in an event?

My Workout Routine

Come up with 4 variations of routines you want to try

Week 1

Week 2

Week 3

Week 4

My Workout Routine

ideas on workouts to try

Outdoor Activities

Walk, Run, Jog, Hiking
Biking, Mountain bike
Skiing, Snowboarding
Golf, Rock climbing
Marathon, Triathlon

Inside Ideas

Classes at the gym
Pilates or Yoga Studio classes
Dance
Indoor rock climbing
Gymnastics
You tube Videos
Personal trainer

Team Sports

Soccer
Football
Rugby
Netball
Basketball
Hockey
Volleyball
Baseball

On/In the Water

Swimming
Surfing
Paddle boarding
Water skiing
Wakeboarding
Snorkeling
Water aerobics
Kayaking
Kite surfing

Celebrate

New workouts I tried

My body feels

I feel

I love my body because

Vibrant Life Coaching

with Mindset, Nutrition and Lifestyle Coach Sherri Vieira

Follow along & Share

follow me on instagram to see some of my favourite workouts and share yours with me, tag @myvibrantlifestyle

 [myvibrantlifestyle](https://www.instagram.com/myvibrantlifestyle)

1:1 Coaching

Work with me directly to lose weight, gain energy, increase your self love and create your most Vibrant Life.

Reach out to me directly to hear my current offers at
info@myvibrantlifestyle.com

or check out my website for more info at www.myvibrantlifestyle.com

Free Resources

Join our community of like minded women where I share tips and tools and answer your questions all about living your most Vibrant Life

Join here <https://www.facebook.com/groups/vibrantlifeweightloss>

More Support

follow on social media

[facebook.com/myvibrantlifestyle](https://www.facebook.com/myvibrantlifestyle)

 [myvibrantlifestyle](https://www.instagram.com/myvibrantlifestyle)