

# NEFF

AUG/SEP 25

AUGUST | SEPTEMBER

## Monthly Newsletter



### Routine Management



As the back-to-school season ramps up, it's easy for fitness routines to fall by the wayside. With shifting schedules, increased responsibilities, and less free time, many people—parents, teachers, students, and professionals alike—struggle to keep exercise a priority. But consistency is key for long-term progress and stress management, and the transition into a new routine doesn't have to derail your goals.

#### 1. Rebuild Your Routine Around New Anchors

The start of the school year brings structure, which can actually work in your favor. Use fixed points in your day—drop-offs, lunch breaks, or school pickup—to anchor short workouts. Even 20–30 minutes of movement around these times can be highly effective if done consistently. Research from the Journal of Sports Sciences supports that short, moderate-intensity workouts can yield similar health benefits to longer sessions when performed regularly.

#### 2. Schedule Workouts Like Appointments

Treat exercise as non-negotiable by blocking it into your calendar. Whether it's early morning strength training or an after dinner walk, scheduling helps create psychological commitment. If time is tight, consider switching to more efficient formats like high-intensity interval training (HIIT) or total-body circuits 2–3x a week.

#### 3. Be Adaptable, Not Perfect

Finally, remember that flexibility is better than rigidity. If you miss a planned workout, don't get discouraged, just adjust. A walk between classes, mobility work while helping with homework, or even family-based movement like bike rides or hikes count. The goal is to stay active. Progress is built on consistency, not perfection.

## SAVE THE DATE:

→ **Client Appreciation Day** is coming **October 18<sup>th</sup>**. Look for next months newsletter for more info.