



### QUOTES TO INSPIRE MOVEMENT

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

- John F. Kennedy

"Today human activity, the labor of the human body, is rapidly being engineered out of working life."

-John F. Kennedy

### CONTACT

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**ERS Wellness Webpage:**  
[www.ers.texas.gov/wellness](http://www.ers.texas.gov/wellness)

### FITNESS VIDEO LINKS:

[10 Minute Stretch Break](#)

[Full body warm-up](#)

[Bodyweight cardio and strength Tabata Workout](#)

[Cardio and strength Tabata with equipment workout](#)

[Quick Yoga Break](#)



# FIT TO LEAD

## Workshop Handout

### REFLECTION QUESTIONS

To be at my best I need:

The last time I felt at my best I was doing these things:

Describe what that felt like in as much detail as possible:

### TIPS TO GET MORE PHYSICAL ACTIVITY

- ✓ Sleep in your workout clothes
- ✓ Have socks and shoes ready
- ✓ Set coffee pot to brew (smell it)
- ✓ Utilize apps or a buddy for accountability
- ✓ Seek encouragement
- ✓ Audiobooks and music that fire you up
- ✓ Track your progress

### RECOMMENDED READING

