The Personal Benefits of Exercise

SheMed®
WEIGHT LOSS PROGRAMME

Part 1: Create a list of personal benefits from exercise

Social	Physical	Mental	Health

Part 2: Write a letter to your future self

Express your aspirations and hopes for the continued personal benefits you wish to gain from maintaining a regular exercise routine. Include your goals, timeframes, and how you will know when you have reached them. Keep these to hand and reflect on them as you progress along your weight loss journey and find yourself exercising more.