



BESTHealth

BESTFit Series

FUELING THE FIRE:

How Motivation Drives Movement

Want to stay motivated and make movement a lasting part of your routine? Join our BESTFit Series **Fueling The Fire: How Motivation Drives Movement** and learn how to build motivation that lasts!

In just 30 minutes, you'll learn:

- ✓ Mindset shifts that work
- ✓ The difference between discipline and motivation
- ✓ How to build motivation that lasts longer than a New Year's resolution
- ✓ How to make movement feel meaningful, doable, and even enjoyable in your daily life

**CLICK OR SCAN
TO REGISTER**



SIGN UP TODAY!



Friday April 17
12:00 PM - 12:30 PM



Virtual via
Microsoft Teams

