

WHERE DO WE GO FROM HERE?

BY CATHY RICHARDS

Well, here we are on Sunday night and we know that we can't get fit in a weekend and we also can't bottle it and save it. What are the steps to keep it going?

Schedule It In!

Whatever you've determined is your new routine, write it on the calendar!

Get Support

from a friend, family member, or a workout partner. Everything is easier when we have support and create a shared experience.

Keep in Touch with ME!

I'd love to stay in touch with you! Please join me in my free [Facebook group](#): ***Intentional Living and Longevity: Forever Fitness for Agile and Adventurous Aging!*** It's friendly place for women just like you who want to stay active and aging as healthfully as possible. I host weekly live trainings in the Group on everything fitness and healthy aging! You can also follow me on [Instagram](#) for more great tips.

You can find more helpful videos on my [YouTube](#) channel and find my book, [BOOM: 6 Steps to a Longer, Healthier, Life](#) on Amazon.

Finally, saving the most exciting for last, it is my absolute favorite thing working with my coaching clients on their personal fitness success. I invite you to book a call with me to hear about my membership community and personalized support, accountability, and SUCCESS that could be YOURS!

Let's jump on a free mini call to discuss! Here's a link to my [calendar](#)!

Let me know how you are doing! Drop me a line [here](#)! Take care!

Cathy