

# 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*