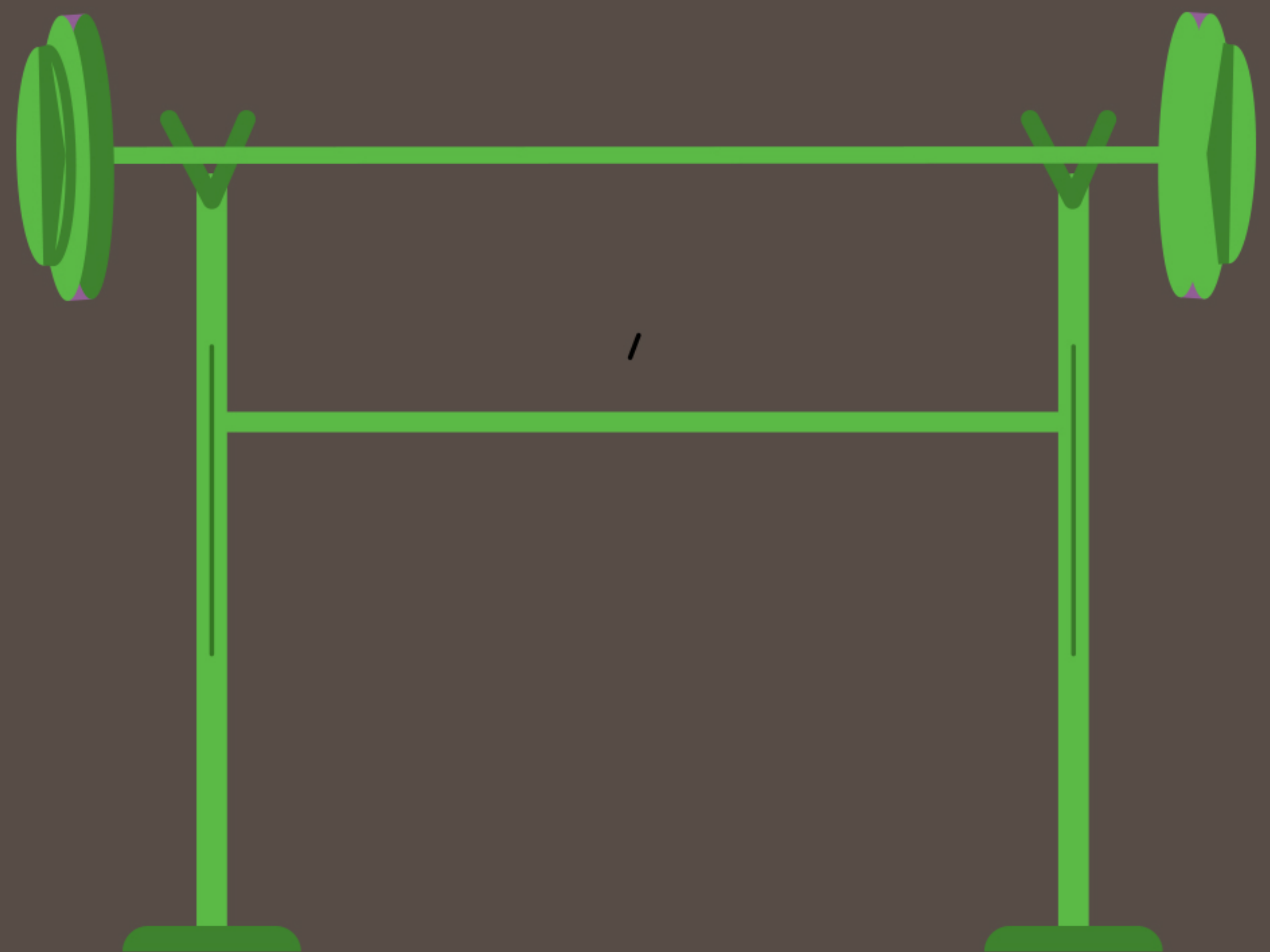
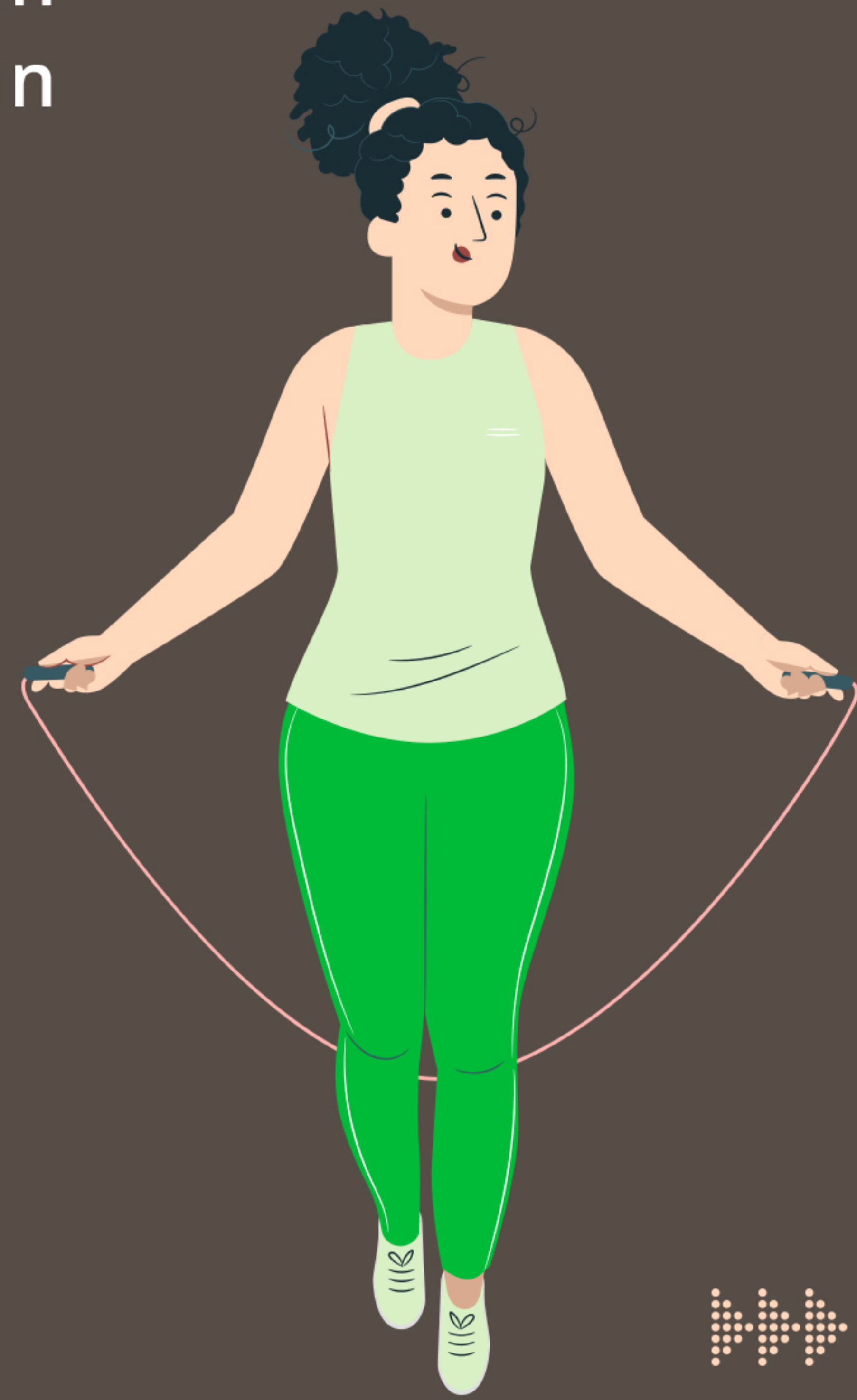


Get fit together in 2023:
How to make your partner
your exercise buddy.



Start small

Let your partner set small, achievable goals. Meet them where they are in their fitness journey rather than forcing them to match yours.



Make exercise fun

Make working out together fun by choosing physical activities that let's you both spend quality time together.



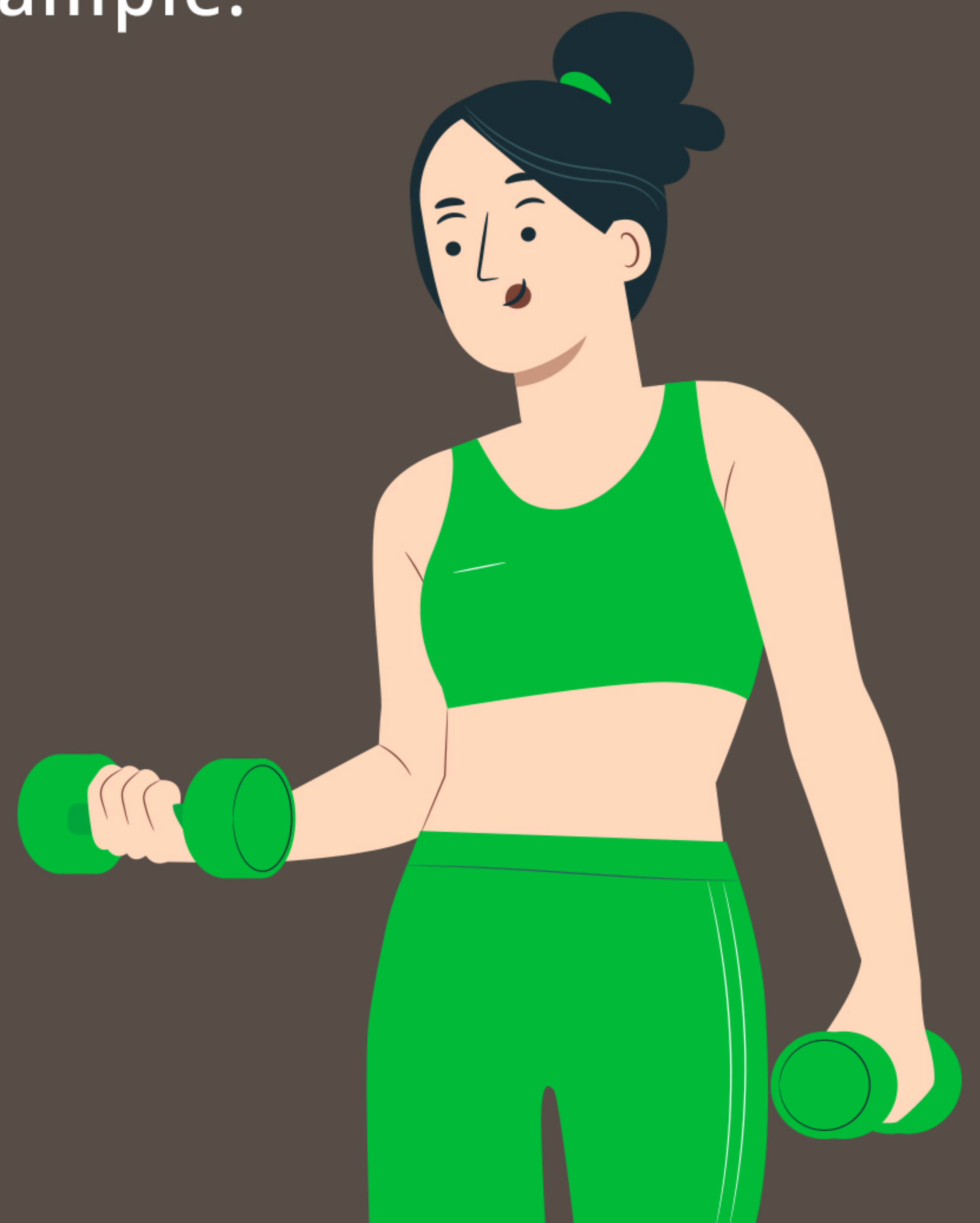
Encourage

Don't be demanding; all it takes is a little positive nudging to get someone to start exercising. Show that you appreciate the effort and be a cheerleader.



Be a good role model

Reprimanding and nagging are likely to backfire. It will make a bigger impact if you simply lead by example.



Work as a team

Teamwork increases accountability and a shared goal will make it easier to support your partner's new routine and active lifestyle.



Celebrate successes

Milestones in your fitness journey deserves a celebration. Doing something fun to celebrate your triumphs will help build a stronger, happier twosome.



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