Rec Tip of the Week

Include others in your goals.

Having a vast support system is crucial to achieving your fitness/wellness based goals. Getting your friends and family on board with your goals will lead to a higher rate of success. They may not be working towards the same goals as you but if they understand your motivation and reason for setting your goals they can help keep you focused and on track. Let your family and friends know about your goals and dreams; they can help push towards that finish line!