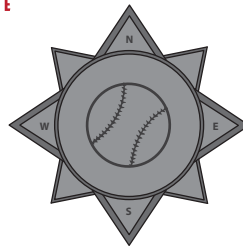


START AN EXERCISE REGIME

Okay, I know when I mention exercise, many of you want to run and hide. But you are Cragzman now and you need to step it up. I won't bore you with all the benefits of exercise, you have heard them all before. But the fact remains, if you are active and relatively fit, you'll feel better, live healthier, and generally be in a better state of mind.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Start an exercise or fitness routine you think you can maintain, whether a hobby or activity, and share your plan with your parents.

- So step one, and this is where most fail. Find an activity that you enjoy. Going to a gym and cranking on some medieval torture contraption is not for everyone. But if you enjoy biking, swimming, or perhaps you have thought of taking up a martial art, look at a way you could turn it into a regular exercise. And, if you enjoy it, it's really not a drag at all.

- Keep it regular. Set yourself a goal of how many times per week, and stick to it. If you can find a buddy and you can keep each other accountable, all the better.

- Be realistic. You don't want to take up biking and go from zero to 300-mile rides on day one. You'll get discouraged and it will all be for nothing.

- Make sure your diet matches your exercise, and make sure you hydrate well.

- Keep challenging yourself to get better, faster, fitter at whatever it is you do. You don't need to go crazy with it, just don't get complacent.

