

TWEAK YOUR WEEK



Dr. Mike Evans
says maybe easier
isn't really better...

Plan your week in
advance and put it right
in your calendar!

Mon - Walk to work

Wed - Take the stairs

Fri - Stretch before breakfast

Learn more about how to overcome your excuses:

makeyourdayharder.com

Share your tips on Twitter, Facebook, and Instagram: [#makeyourdayharder](https://twitter.com/makeyourdayharder)