



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

Make it a group thing—
the more the merrier!

Having support from others
can really help you to make a
routine out of getting moving.

Learn more about how to overcome your excuses:

makeyourdayharder.com

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