**Tip of the week “Exercise with a friend”**

Sometimes you just can’t seem to get the motivation to exercise – right? This is where it’s always good to rope a friend in!

Make a commitment to exercise regularly together and you will find you are way less likely to skip your workout. When you’ve agreed to meet up and train together it’s much more difficult to let your friend down so even on those days when you don’t feel much like exercising – you’ll still find it tough to make that call or send that text cancelling. Try it and see how it works for you.

Please also see my March offer “personal training with a pal”.