Tip of the week **“Shop around”**

When it comes to embarking on an exercise regime and overhauling your lifestyle, one of the main reasons people fail is due to lack of motivation.

You can maximise your chances of success by “shopping around”; try out different classes, read up about facilities online, speak to different instructors about what they have to offer, find out about options in your local area. If you do this, you will find something that suits you and your lifestyle and you will be motivated to continue and achieve success. Give it a try – shop around!