The 10 Important Rules of Fitness

By Daniel Ally

1. EAT RIGHT EACH DAY. ABS ARE ALWAYS MADE IN THE KITCHEN

2. IF POSSIBLE, TRAIN FIVE DAYS PER WEEK FOR MAXIMUM HEALTH

3. STRETCH YOUR MUSCLES FOR 30 MINUTES EACH DAY

4. ALWAYS DO ONE MORE SET. IT'S WORTH IT FOR THE WEEK

5. NO EGO LIFTS ANYMORE. ONLY LIFT WHAT YOU CAN CONTROL

6. DO CARDIO THREE TIMES PER WEEK FOR AT LEAST 30 MINUTES

7. REST DAYS AND SLEEPING ARE IMPORTANT FOR RECOVERY

8. TAKE HOURLY NATURE WALKS EACH WEEK FOR YOUR HEALTH

9. FIND A SPORT AND/OR HOBBY YOU CAN ENJOY FREQUENTLY

10. COMPETE WITH ONLY YOURSELF, NOT ANYONE ELSE

BONUS: READ MILLION DOLLAR FITNESS BY DANIEL ALLY