

THE PSYCHOLOGY OF STAYING FIT WITH **DON VASEY**

JULY 5TH, 2023 – 13:00 BST | RIGRUN RECOVERY ZONE

When it comes to reaching our fitness goals, how do you keep working toward the finish line when you just don't feel like it? In this insightful webinar, Sports Psychologist Don Vasey will examine how we can change our relationship with working out to develop regular and sustainable exercise routines. He'll cover:



- The most common reasons we have for starting (and stopping) exercising
- Strategies for enhancing our adherence to a regular workout regimen
- Various psychological approaches we can use to motivate ourselves, including cognitive behaviour, decision-making, social support, and intrinsic approaches

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN EXERCISED: THE SCIENCE OF PHYSICAL ACTIVITY, REST AND HEALTH' BY BESTSELLING AUTHOR DANIEL LIEBERMAN!



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