

Compound Effect

Small Smart Choices +

Consistency +

Time =

Radical Difference

Blend it

Three green perforated balls are arranged in a descending diagonal line from the top right towards the middle left of the page. They are semi-transparent with dark spots, casting soft shadows on the blue background.

Cardio

Strength/Endurance

Balance/Stability

Flexibility/Mobility

Pre-Plan



Where?

When?

Make it Easy

Adjust Your Mindset

Besides Pickleball



Bands

Jump Rope

Swimming

Phone App

Just 10 Minutes



Questions?