



**F2T** | FIT TO THRIVE  
More Fire Fighters. More Active. More Often.  
PERFORMANCE REDEFINED

Turning your kitchen, living room or office into an exercise space can be challenging, particularly if you associate those spaces with eating, watching TV and working.

Stay healthy and stay active by using the four behavioral change strategies outlined below to turn your home into a go-to exercise space.

1. Make it **OBVIOUS**. Be active at a specific time of day and use one or two dedicated spaces. A little structure and fewer day-to-day decisions will make it easier to stick to a new routine.
2. Make it **ATTRACTIVE**. Link the exercise activity to something you enjoy or crave. Be active with family, during your favorite tv show or tie it to a personal challenge.
3. Make it **EASY**. Start with short bouts and limit the equipment needed. Having a few “go-to” exercise routines will also limit the decisions you need to make in the moment.
4. Make it **SATISFYING**. Reward yourself immediately after the activity. Incentives can help to create a positive association and improve adherence in the long-term.



Practical Example: During your kids’ naptime – a quick workout in the kitchen. Personal challenge of performing continuously for 10 minutes. Three bodyweight exercises:

- Push-up x 20s
- Air squat x 20s
- Inverted row x 20s
- 10 rounds

The full-length version of the workout above can be found on [YouTube](#).