

Panel of Experts

# **Tiny Habits for Fitness**

Presented by Tiny Habits® Academy

# Fitness Experts



**Host and Moderator  
Andrea Spyros**



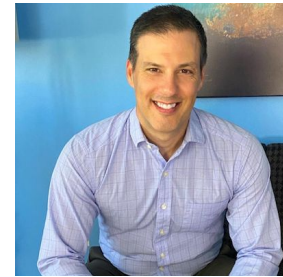
**Geoff Girvitz**



**Josh Hollingsworth**



**Joshua Bornstein**



**Tony Sherock**



## Geoff Girvitz

Founder of Bang Personal  
Training & host of the Dad  
Strength Podcast

Tiny Habits Certified Coach

# Geoff's 3 Tiny Habit Recipes for Fitness

1

**After I** take a bite of food, **I will** ask myself how I'm feeling.

2

**After I** get into position (for my first exercise), **I will** try at least one slight change to see how it feels.

3

**After I** walk into the living room in the morning, **I will** sit down on the floor and cross my legs.



Josh Hollingsworth,  
PharmD, PhD

Discipline Chair for  
Pharmacology for  
VCOM-Auburn

**Tiny Habits Certified Coach**

## Josh's 3 Tiny Habit Recipes for Fitness

1

**After I** hit start on the coffeemaker, **I will** do two countertop push-ups.

2

**After I** first get to my office in the morning, **I will** do two angled rows.

3

**After I** come back to my office after lunch, **I will** do two air squats.



Joshua Bornstein

Strength and  
Conditioning Coach

Tiny Habits Certified  
Coach

## Joshua's 3 Tiny Habit Recipes for Fitness

1

**After** a commercial comes on, **I will** do a plank.

2

**After I** sip my morning coffee, **I will** add a song to my fitness playlist (for a workout, a run, or the gym).

3

**After I** feel like it's time to exercise, **I will** go to the the gym and check in at the front.



**Tony Sherock**

Owner of Habits To Health,  
Personal Trainer, Health Behavior  
Coach, Success Coach (University  
of Toledo)

**Tiny Habits Certified Coach**

## Tony's 3 Tiny Habit Recipes for Fitness

1

**After** I turn the coffee/tea pot on, **I will** do one Sun Salutation.

2

**After** I finish my cup of coffee/tea, **I will** get up from my chair and take it to the kitchen.

3

**After** my phone turns off at night, **I will** do two figure-four stretches..



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