

Panel of Experts

# **Tiny Habits to Get Fit**

Presented by Tiny Habits® Academy

# Tiny Habits to Get Fit



Host and Moderator  
Andrea Spyros



Amanda Alexander



Geoffrey Alunan



Gabrielle Weekly



## **You will:**

- **Learn the Tiny Habits Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



## Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



**Amanda Alexander**

Tiny Habits Certified Coach

## Amanda's 3 Tiny Habit Recipes

1

**After I** press the button to brew my coffee/tea , **I will** do 2 squats.

2

**After I** put my feet on the floor in the morning, **I will** touch my toes.

3

**After I** let the dogs out in the morning, **I will** put on my workout shoes.



Geoffrey Alunan

Tiny Habits Certified Coach

## Geoffrey's 3 Tiny Habit Recipes

1

**After I** flush the toilet, **I will** do 4 walking knee marches.

2

**After I** finish my first work task, **I will** do 3 wall press ups.

3

**After I** put my toothbrush in the holder at night, **I will** take out my workout clothes.



Gabrielle Weekly

Tiny Habits Certified Coach

## Gabrielle's 3 Tiny Habit Recipes

1

**After I** lay my head on my pillow, **I will** say one reason being fit is important to me.

2

**After I** notice the sun has set, **I will** dim the light in the room I'm in.

3

**After I** my feet hit the floor in the morning, **I will** drink a glass of water.



## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach