



**Exercise**

**BUBBIE WAS  
CHUBBIE**



# Exercise Activity

Exercise doesn't have to be boring find the activities you like to do the most and do them more often.

Weight Training

Dance

Walk/Run on a Treadmill

Rock Climbing

Elliptical

Jump Rope

Hiking

Tennis

Indoor Bike (Peloton)

Surfing

Mountain Biking

Kayaking

Ab Training

Swimming

Yoga

Basketball

Jogging

Row Machine

Paddle Boarding

Long Walks

Ski Machine

Calisthenics

Soccer

Stair Climber



# Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



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