

For all your insurance needs!

1954 E. High Street, Suite 3, Pottstown, PA 19464 P: **610.326.1010** F: **610.326.1270**

www.vlahosdunn.com

230 E. High Street Pottstown, PA 19464



610.203.4579 irongatebiergarten.com



FINISH SUMMER STRONG

How to Keep Your Progress Going

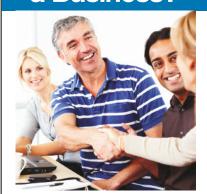
Provided by GYMGUYZ
Main Line & Montgomery County

As summer winds down, it's easy to lose motivation. But August is the perfect time to refocus and set yourself up for success heading into fall. Here's how:

- **1. Stick to Your Routine:** Vacations and BBQs may have thrown you off track, but consistency is key. Even 20-minute workouts add up! Schedule movement into your day like an appointment GYMGUYZ trainers make it easy with flexible, in-home sessions.
- **2. Start Thinking About Fall Goals:** Use August to plan for what's next whether it's increasing strength, running a 5K, or focusing on mobility. Having a trainer to guide you can help set clear, achievable milestones.
- **3. Keep Fitness Fun!** ake the most of warm days by taking workouts outside or joining a fitness challenge. GYMGUYZ trainers keep workouts fresh and engaging, so you never hit a plateau.

Make August Your Comeback Month! There's still time to make progress and feel amazing before the seasons change. Stay active, stay consistent, and let's finish summer strong!

Need Help for a Business?



For FREE, Confidential
Assistance from
Experienced Business Owners
and Executives...
Call on SCORE TriCounty.

SCORE TriCounty, serving Western Montgomery, Northern Chester and Eastern Berks counties.

Call 610-237-2673 or visit score.org/tricounty

We are there for you and your business.



