

START AND MAINTAIN
YOUR EXERCISE ROUTINE

Less than 5 minutes

*Simple routines. Lasting results.
A stronger, healthier you—starting today.*



DAWN HALL

FITNESS & WELLNESS COACH

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Published by

Pearl & Vine Publishing

Dawn Hall Fit

Houston, Texas

www.dawnhallfit.com

Originally published in 2016.

Revised edition, 2026.

This book is intended for educational and informational purposes only and is not intended to diagnose, treat, cure, or prevent any medical condition.

Readers should consult a qualified healthcare professional before beginning any exercise or wellness program.

Printed in the United States of America.



PEARL & VINE
PUBLISHING

*Contemplative books that remain—
patiently waiting for the exact moment
they are needed.*

Dedication

To My Dear Friend Tracy,

This book is dedicated to you.

Your kindness—a card of appreciation and a single rose in 2007—became part of the beginning of this journey.

At a time when I needed encouragement myself, your thoughtfulness reminded me that even the smallest acts of kindness can leave a lasting impact.

This book was born from a desire to help women simplify fitness and reconnect with their health and fitness in a realistic and sustainable way

My hope is that these pages offer encouragement, clarity and a gentle reminder that caring for your body does not need to begin with pressure.

Sometimes it simply begins with willingness.

With gratitude,

Dawn Hall



Prologue

Beginning Again When Strength Feels Far Away

I desperately wanted to feel strong again, but at the time, even getting out of a chair felt difficult.

My body had weakened into a version of itself I barely recognized. Autoimmune disorders kept surfacing one after another, and I had entered a season of life that felt physically unpredictable and emotionally exhausting.

For decades, health and fitness had been part of my identity. It was not simply work I did—it was work I loved. So when my own strength began slipping away, I found myself asking questions I never imagined I would ask.

How do you begin again when your body no longer responds the way it once did?

How do you rebuild consistency when life has interrupted you physically, mentally, and emotionally?

And how do you continue moving forward when motivation alone no longer feels strong enough?

There were days I felt discouraged. There were days I felt disconnected from myself. And there were days when exercise felt so overwhelming that even thinking about it made me tired.

What surprised me most was not what finally helped me. It was how simple it was.

Not extreme.

Not complicated.

Not time consuming.

Simple.

What began restoring me was not intensity—it was consistency. A few intentional minutes. A willingness to begin. A decision to stop waiting for the perfect moment.

Slowly, my body began responding.

But even more importantly, my mind began responding. I started feeling capable again. Steadier again. More hopeful again.

This book was written for the woman who feels overwhelmed by where to begin.

The woman who has started over more times than she can count.

The woman who wants to feel better physically, emotionally, and mentally—but cannot sustain another unrealistic routine.

You do not need to overhaul your life overnight.

You simply need a place to begin.

And often, the beginning is much smaller—and much more powerful—than we imagine.

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Welcome



Dawn Hall

FITNESS & WELLNESS COACH

You are not alone.

Over the years, I have worked with women of all ages, body types, fitness levels, and life circumstances. One thing I have learned is this:

Most women do not fail because they are incapable.

They lose momentum because life becomes heavy. Responsibilities increase.

Schedules become full. Stress builds. Energy decreases.

Welcome.

If you are holding this book, there is a good chance you want to feel better physically—but also mentally and emotionally.

You may be tired of:

- starting over
- losing momentum
- feeling overwhelmed by fitness information
- struggling to stay consistent
- believing exercise has to be intense to matter

And eventually, caring for themselves begins falling lower and lower on the priority list.

This book was created to simplify the process.

Not by demanding more from you.

But by helping you begin differently.

Inside these pages, you will learn how small, consistent moments of movement can begin restoring energy, clarity, strength, and confidence.

You do not need:

- a gym membership
- expensive equipment
- hours of free time
- perfect circumstances
- a complicated plan

You simply need a willingness to begin. The method in this book is intentionally simple.

In less than five minutes a day, you can begin creating momentum that supports your body instead of exhausting it.

And sometimes, momentum—not motivation—is what changes everything.

”

“This will bring health to your body
and nourishment to your bones.”

Proverbs 3:8



Introduction

Beginning again can feel overwhelming.

Especially after:

- stress
- illness
- burnout
- injury
- emotional exhaustion
- years of inconsistency
- repeated cycles of starting over

Many women are not struggling because they lack desire.

They are struggling because they are mentally overwhelmed before they even begin.

There is now endless fitness information available online. One expert says one thing. Another says the opposite. And eventually, many women stop before they ever truly start.

This book was not created to overwhelm you with information.

It was created to simplify movement in a way that feels realistic and sustainable.

Over the years, I began noticing something important while working with clients.

Women often believed they needed:

- more time
- more motivation
- more discipline
- more complicated routines

But what they actually needed was a simpler entry point. Something they could sustain even during difficult seasons of life.

That is what this method provides.

The goal is not perfection.

The goal is consistency.

Even a few intentional minutes of movement can begin shifting:

- energy
- mood
- posture
- strength
- circulation
- mental clarity
- confidence
- daily momentum

And once the body begins moving consistently, the mind often begins responding as well.

You begin feeling more capable. More motivated. More connected to yourself.

This is why movement matters.

Not simply because of appearance. But because the condition of the body affects nearly every part of daily life.

When your body feels supported:

- stress becomes easier to manage
- energy improves
- thinking becomes clearer
- emotions become more regulated
- confidence increases
- daily responsibilities feel less overwhelming

Health influences far more than physical appearance.

It influences how we experience life.

And sometimes the smallest consistent actions create the greatest long-term change.

Getting Started

Starting does not need to be complicated.

In fact, one of the greatest mistakes women make when beginning a fitness routine is believing they must completely change their lives overnight.

That approach often creates temporary motivation followed by exhaustion.

This method is different.

Instead of demanding intensity, it focuses on creating consistency.

The purpose is to help you establish movement as part of your daily rhythm in a way that feels supportive—not stressful.



You can begin:

- standing or seated
- at home
- in comfortable clothing
- with limited space
- at your current fitness level

No perfect conditions are required.

The goal is not to impress anyone.

The goal is to reconnect with your body and begin creating momentum again. As momentum builds, motivation often follows naturally.

And over time, those few minutes begin affecting far more than physical fitness.

They begin influencing the way you think, feel, respond, and move through daily life.

What to Expect

As you begin moving consistently, you may notice gradual improvements in areas such as:

- energy levels
- posture
- flexibility
- circulation
- balance
- mobility
- endurance
- stress reduction
- sleep quality
- emotional well-being
- confidence
- mental clarity
- physical strength
- reduced stiffness and tension

But perhaps most importantly, you may begin noticing a shift in your relationship with movement itself.

Instead of exercise feeling like a chore, it begins to feel supportive.

Instead of constantly starting over, you begin building rhythm.

Instead of waiting for motivation, you begin learning how consistency creates momentum.

This is not about chasing perfection. It is about creating a foundation strong enough to support you through real life.

Because life will continue changing. Schedules will shift. Unexpected seasons will come.

The goal is not to maintain a perfect routine.

The goal is to learn how to continue caring for yourself even when life becomes demanding.

Before You Continue

Before moving forward, pause for a moment and ask yourself:

Are you willing to begin simply instead of perfectly?

Are you willing to release the pressure of needing dramatic change overnight?

Are you willing to believe that small, consistent actions still matter?

Are you ready to stop viewing movement as punishment and begin viewing it as support?

And most importantly:

Are you willing to begin again—gently?

If so, turn the page.



The Little Way

Tending the Cell Before the Body

Before we speak about exercise, effort, or routine, we must first speak about energy.

Not the kind that is forced, borrowed, or summoned through willpower—but the kind that makes movement feel possible in the first place.

At different seasons of life, motivation changes. What once inspired us may no longer hold the same meaning. Weight loss goals, timelines, or outward appearances may lose their appeal, yet the desire to feel well remains.

When the body is under strain—when joints ache, stiffness settles in, and even daily responsibilities feel heavy—it is not always a lack of discipline.

It is often a signal.

The body is asking for relief.

This is why the foundation of sustainable fitness does not begin with doing more, but with reducing stress.

When stress is reduced, the body begins responding differently. Energy slowly returns. Movement feels less demanding. Decisions feel less forced.

This is the beginning of The Little Way.

Energy Comes Before Effort

Inside every cell of the body are structures responsible for producing energy. These structures are called mitochondria.

Mitochondria are not about intensity or performance. They are about capacity. They influence whether the body has the energy to move, think clearly, recover well, and engage with daily life. They affect how we wake up in the morning, how resilient we feel under stress, and how willing the body is to respond to movement.

When mitochondria are supported, the body often feels more capable. And when the body feels supported, movement becomes less resistant.

This is an important truth:

The brain will not consistently choose what the body cannot support.

Before asking yourself to exercise harder, commit more, or completely change your life, it is wise to first consider whether your body has the energy required to respond well.

Tending to energy first allows effort to follow more naturally.

Weight Reduction Is Stress Reduction

Many people wonder, “When I lose weight, where does it go?”

The simplest answer is this: the body changes through reduction, not disappearance.

While the body generally maintains a relatively stable number of fat cells throughout adulthood, what changes most noticeably is their size. Under prolonged stress, fat cells can expand as the body stores and protects. When stress is reduced—physically, mentally, and emotionally—the body often begins responding differently.

This is why it can be more helpful to think in terms of weight reduction rather than pressure-based weight loss.

Nothing is being attacked.

Something is being relieved.

Stress reduction supports the body in many ways:

- inflammation may decrease
- joints often feel less burdened
- sleep can improve
- energy may begin returning
- movement can feel more approachable

When the body no longer feels under constant strain, exercise begins to feel supportive rather than stressful.

The Little Things Matter

Tending to mitochondria does not require dramatic action. In many ways, the body responds best to small, consistent signals of care.

This is where The Little Way becomes practical.

Water.

Rest.

Breathing deeply.

Standing with awareness.

Gentle posture work.

Stretching throughout the day.

Five intentional minutes of movement.

These actions may appear insignificant, but they are not.

Each one communicates support to the body.

Each one gently assists the body's stress response.

Each one helps create a stronger foundation.

Over time, the body becomes more receptive.

Strength training two or three times per week no longer feels overwhelming. It begins feeling achievable—sometimes even welcome.

God is found in the details. And the body responds to them.

This understanding mirrors the spiritual wisdom of St. Thérèse of Lisieux, who taught that transformation often comes not through grand gestures, but through faithfulness in small, hidden acts done with love.

Fitness, too, follows this path.

From Care to Strength

This book is not asking you to push harder. It is inviting you to begin wisely.

By tending first to energy, posture, recovery, and stress reduction, you create conditions that better support lasting change. Five minutes becomes enough to begin.

Consistency becomes more natural. Fitness becomes a practice rather than a program—something that supports your life instead of interrupting it.

This is the heart of The Little Way.

Care first.

Energy follows.

Strength emerges in its time.

And from this place, movement becomes not merely an effort—but a response.

Beginning Again

Over the course of my life, there were seasons when exercise felt natural and effortless.

And there were other seasons when simply making it through the day required all the energy I had. Life happened in ways I never expected.

Stress.

Loss.

Health complications.

Emotional exhaustion.

Like many women, I found myself trying to care for everyone else while quietly neglecting myself.

Eventually, I realized something important. I could not continue waiting for ideal conditions before caring for my health.

I needed an approach that could support me during real life—not just during easy seasons. That realization changed everything.

I stopped focusing on intense routines I could not sustain. And instead, I began focusing on what I could consistently do.

One exercise.

One movement.

One intentional moment at a time.

What surprised me most was how quickly consistency began rebuilding confidence.

Not because my body transformed overnight.

But because I began rebuilding trust with myself.

That is often where true change begins.

Not in intensity.

In consistency.

Mind and Body Posture

Posture is not only physical. It is mental and emotional as well.

There are seasons when the body reflects discouragement before we even realize how deeply stress has affected us.

Shoulders tense. Breathing shortens. Energy decreases. The mind becomes overwhelmed. And eventually, both the body and mind begin responding to life from a place of exhaustion.

Movement can help interrupt that cycle. Not because exercise solves every problem. But because the body and mind constantly influence one another.

The way we stand affects the way we think. The way we think affects the way we move.

As posture improves physically, many women begin noticing subtle emotional shifts as well:

- increased confidence
- improved focus
- reduced stress
- clearer thinking
- greater motivation

This is why movement matters beyond appearance. It influences the entire way we experience daily life.

Creating Space for Mind and Body

One of the greatest gifts you can give yourself is space.

Space to breathe. Space to think clearly. Space to reconnect with your body. Space to slow down long enough to notice how you truly feel.

Stress affects nearly every system in the body.

Over time, constant stress can influence:

- sleep
- hormones
- energy
- inflammation
- focus
- emotional regulation
- physical tension

Movement helps create interruption. Not necessarily through intensity. But through intentional presence.

Even a few minutes of movement can begin shifting the nervous system away from constant overwhelm.

The body responds. The mind responds. And gradually, life begins feeling more manageable again.

This is one reason consistency matters so deeply.

Not because every workout changes your life overnight.

But because small, repeated moments of care slowly strengthen the foundation underneath your daily life.

And often, that foundation changes far more than we realize.

Energy & Decision-Making

Every day, we make hundreds of decisions.

Some are small and almost unnoticed. Others quietly shape the direction of our health, energy, relationships, and overall well-being.

What many people do not realize is that decision-making becomes far more difficult when the body is exhausted.

When stress is high, sleep is poor, inflammation increases, and energy remains low, even simple choices can begin feeling overwhelming.

This is one reason healthy habits often feel difficult to maintain during stressful seasons of life.

The issue is not always discipline.

Sometimes the body simply lacks the support required to respond well.

When the nervous system remains under constant strain, decision fatigue increases. The mind becomes overwhelmed more easily. Motivation weakens. Clarity decreases.

Eventually, even caring for yourself can begin feeling like another burden. This is why movement matters far beyond appearance.

Movement influences:

- energy
- focus
- emotional regulation
- resilience
- confidence
- stress response
- mental clarity

As the body becomes stronger and more supported, decision-making often becomes steadier as well. You begin thinking more clearly.

You become more intentional instead of reactive. You begin responding to life with greater awareness instead of constant exhaustion.

Small, consistent movement helps create momentum not only physically, but mentally and emotionally too. And often, momentum changes decisions.

The Body Influences the Mind

Many women blame themselves for lacking motivation, when in reality their bodies are physically depleted.

The body and mind are deeply connected.

When the body feels:

- exhausted
- inflamed
- sedentary
- overwhelmed
- under constant stress

...the mind often responds similarly.

Discouragement increases.

Mental fog increases.

Motivation decreases.

Confidence weakens.

This is why caring for the body is best viewed as support rather than vanity.

Even a few minutes of movement can begin shifting:

- circulation
- breathing
- posture
- nervous system regulation
- emotional state
- mental focus

Sometimes the goal is not to completely transform your life in one day.

Sometimes the goal is simply to interrupt the cycle of exhaustion long enough for clarity to return.

Movement Creates Momentum

One healthy decision often influences another.

A few minutes of stretching may lead to better posture. Better posture may improve breathing. Improved breathing may reduce stress. Reduced stress may improve sleep. Better sleep may increase energy. Increased energy may make healthier decisions feel more manageable.

This is how momentum quietly builds. Not through perfection. Not through pressure. But through repeated small acts of support.

The Little Way teaches us that small actions matter because they accumulate over time.

A single decision may seem insignificant in the moment. But daily decisions shape the condition of the body, the clarity of the mind, and eventually, the direction of life itself.

Beginning Again in the Body

There is a difference between forcing the body and supporting it.

For many years, fitness culture often emphasized intensity above sustainability. Women were taught to push harder, ignore exhaustion, and measure success only through dramatic physical results.

But the body does not thrive under constant pressure.

It responds best to consistency, support, recovery, nourishment, and care.

This is why beginning gently is not weakness.

It is wisdom.

Especially after seasons of:

- stress
- burnout
- illness
- emotional exhaustion
- inactivity
- hormonal changes
- physical limitations

The body often needs support before it can fully respond to strength.

This is why five intentional minutes matter.

Five minutes:

- restores momentum
- reduces overwhelm
- builds confidence
- improves circulation
- strengthens consistency
- reconnects you with your body

And over time, consistency creates transformation more reliably than intensity ever could.

Start and Maintain Your Exercise Routine in Less Than 5 Minutes

The purpose of this method is not to overwhelm you with exercise. It is to remove resistance to beginning.

Most people do not struggle because movement is impossible. They struggle because beginning feels too large.

This is why simplicity matters. Five minutes feels approachable. And when something feels approachable, the mind becomes more willing to participate consistently.

You can begin:

- seated
- standing
- at home
- in limited space
- with little energy
- without equipment

The goal is not perfection. The goal is participation.

Even brief movement supports the body by:

- increasing circulation
- improving posture
- stimulating energy production
- reducing stiffness
- supporting mobility
- helping regulate stress

Over time, the body begins expecting movement rather than resisting it.

And what once felt difficult gradually becomes part of daily life.

A Simple Five-Minute Foundation

You do not need dozens of exercises to begin. You simply need a starting point.

A simple routine may include:

- posture awareness
- deep breathing
- gentle stretching
- seated or standing core engagement
- light strength work
- intentional walking
- mobility exercises

The purpose is not exhaustion. The purpose is support. Consistency matters more than intensity. A body cared for consistently will often respond more favorably than a body pushed aggressively for short periods of time.

Change Happens Gradually

One of the greatest misconceptions about fitness is believing change only matters when it happens quickly.

In reality, the body often changes quietly. Energy improves first. Breathing improves. Posture improves. Mood stabilizes. Sleep improves. Mental clarity increases. Strength gradually returns. And eventually, the body begins reflecting the consistency that has been practiced over time.

This is why sustainable wellness is built through rhythm rather than urgency.

The body responds best when it feels supported consistently—not rushed constantly.

Begin Where You Are

You do not need perfect conditions
to begin caring for yourself.

Small actions still matter
in busy seasons, uncertain seasons,
and imperfect seasons.

Begin with what is possible today.

Begin Again in 7 Days

Present Perfect Mind • Proper Body Posture

Change does not always begin dramatically.

Sometimes it begins quietly.

One decision.

One priority.

One consistent practice repeated over time.

Over the next seven days, your focus is not perfection. Your focus is awareness, consistency, and support.

This week, practice one priority consistently:



Present Perfect Mind • Proper Body Posture

By focusing on one intentional practice, you naturally begin releasing what no longer supports your well-being.

Not through force. But through attention.

As the mind becomes calmer and the body becomes more aligned, stress often begins decreasing. Movement feels more natural. Daily decisions become clearer. The body begins responding differently.

This is how sustainable change often begins.

Quietly.

Consistently.

One day at a time.

Your Body Responds Every Day

Although many changes are not immediately visible, the body is constantly responding to daily patterns, thoughts, movement, stress levels, posture, breathing, and physical care.

Small repeated actions create cellular-level responses over time.

This is why consistency matters more than intensity.

Present Perfect Mind • Proper Body Posture supports the body through:

- alignment
- awareness
- circulation
- breathing
- nervous system support
- stress reduction
- intentional movement

The body has an incredible ability to adapt and self-correct when given consistent support.

As posture improves physically, many women begin noticing emotional shifts as well:

- clearer thinking
- improved confidence
- reduced overwhelm
- increased energy
- better decision-making
- greater motivation to continue caring for themselves

This is because the body and mind constantly influence one another.

Closing the Pain Gates

Many women carry stress in ways they do not immediately recognize..

Physical tension.
Mental exhaustion.
Emotional overwhelm.
Shallow breathing.
Poor posture.
Constant pressure.
Sedentary patterns.

Over time, these stress responses can leave the body feeling burdened, disconnected, inflamed, and fatigued. In this book, I refer to these accumulated stress responses as “Pain Gates.”

Pain Gates may be:

- physical
- emotional
- sensory
- mental
- behavioral

As the body receives consistent support through posture, movement, breathing, and awareness, these stress responses often begin calming over time.

The body becomes more receptive. The mind becomes clearer. Movement feels less resistant. And slowly, healing begins creating momentum.

Maintaining the Practice

Commit to daily presence with this practice for seven days.

Not perfectly. Consistently.

You may be surprised how quickly the body begins responding to small, repeated acts of support.

At the end of each day, pause briefly and acknowledge your consistency.

Not because perfection was achieved—but because you continued returning.

DAY 1

Today marks the beginning. Not of pressure. Not of punishment. Not of extreme change.

But of awareness.

Begin today by practicing:

Present Perfect Mind • Proper Body Posture

Move gently. Breathe deeply. Pay attention to how your body feels.

This week is about creating support—not stress.

Returning Daily

Place a small mark beside the days you intentionally supported your body in some way. Movement. Breath. Posture. Awareness. This practice is not about perfection —only returning.

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____

DAY 7 Reflection

After seven days of consistent practice, pause and reflect on what has changed. Not only physically—but mentally and emotionally as well.

Circle or reflect on any areas where you noticed improvement:

- mental clarity
- posture
- breathing
- energy
- flexibility
- mobility
- balance
- reduced stress
- stronger core support
- improved alignment
- emotional steadiness
- motivation
- reduced stiffness or discomfort
- improved sleep
- greater body awareness
- increased confidence
- reduced overwhelm

Reflection Questions

What areas of stress or tension felt most noticeable this week?

Did you notice any patterns beginning to shift physically, mentally, or emotionally?

Did anything begin feeling easier or more natural?

Did you let go of anything this week that no longer supported your well-being?

What helped you remain consistent?

Upright posture supports
a healthier mind and body.

A Quiet Reminder

There is no perfect response to this process. The purpose is not judgment. The purpose is awareness.

Often, the smallest consistent practices create the greatest long-term shifts.

The body responds to care.
The mind responds to consistency.

And over time, small repeated acts of support begin creating strength, steadiness, and resilience in ways that may not be immediately visible—but are deeply meaningful.

This is the heart of The Little Way.

One priority.
One practice.
One day at a time.



What's Next?

The goal of this book was never simply to help you exercise for five minutes.

The deeper goal was to help you begin viewing movement differently.

Not as a chore. Not as pressure.
Not as another impossible expectation.
But as support. As care.

As a way of strengthening your ability to live daily life with greater energy, clarity, steadiness, and resilience.

You do not need to become perfect to begin benefiting from movement.

You simply need to continue returning.

Even after interruptions. Even after stressful seasons. Even after inconsistency. Even after discouragement. Every small return matters.

And often, the women who experience the greatest long-term transformation are not the women who move perfectly—but the women who continue returning gently over time.

Conclusion

The body is always responding.

To stress.

To rest.

To nourishment.

To movement.

To thought patterns.

To consistency.

To care.

This is why small daily actions matter far more than we often realize. A few intentional minutes may not seem significant in the moment, but over time they begin shaping:

- strength
- energy
- posture
- confidence
- resilience
- emotional well-being
- overall quality of life

This is the heart of The Little Way.

Small acts.

Repeated consistently.

Done with care.

You do not need to force your body into transformation.

You can support it gently instead.

And often, when the body finally feels supported rather than pressured, it becomes far more willing to respond.

Let this be your reminder:

You do not have to overhaul your life overnight.

You do not need perfect motivation.

You do not need ideal circumstances.

You simply need a willingness to begin again.

Five minutes is enough to begin creating momentum.

And momentum—over time—can change far more than you imagine.

Dawn Hall

For more than 35 years, Dawn Hall has devoted her life to helping women strengthen not only their bodies, but also their confidence, clarity, and overall well-being.

As a Personal Fitness Trainer, Nutrition Expert, Lifestyle Coach, Author, and founder of several women-centered wellness and publishing platforms—including Avva Rose Skincare, Shaping Women Naturally, and Pearl & Vine Publishing—Dawn’s work has always centered around supporting women through real life, not ideal circumstances.

Over the years, her approach to health and fitness has evolved into something far more sustainable than pressure-driven wellness. Through decades of working with women of all ages, she has witnessed how exhaustion, overwhelm, stress, grief, illness, and constant responsibility can quietly disconnect women from their own bodies.

Her work today focuses on restoring steadiness through simple, realistic practices that support the mind and body together.

Dawn believes movement should strengthen daily life—not compete with it.

Through her writing, coaching, and wellness work, she continues encouraging women to begin again gently, live with greater intention, and create lasting habits that support both physical and emotional well-being.

Letters from *Women Who Began Again*

“ I was looking for a trainer who understands women's bodies and the challenges we face as we get older. I knew from our first meeting that Dawn gets it. I started seeing results in my upper body after two weeks. After 4 weeks my clothes fit better, my posture has improved, and I have biceps again! I feel stronger than I have in decades and I have confidence in my body again. Dawn is positive and encouraging. She doesn't push you beyond your limits or treat you like anything other than a friend. - Nicole

“ When I started working with Dawn, she promised that I would learn to love working out and would never again lose the habit of working out for the rest of my life. I thought it sounded too good to be true! But, it was true. She helped me figure out what works for me and encouraged me to make small, incremental changes that I could sustain over time. It was never about killing myself in the workout or putting me on a super strict diet, but finding what I enjoyed and would actually do. She also didn't try to make me think I needed her to be in shape or to keep up with my workouts. Since we stopped working together, I'm keeping it up on my own and enjoying working out more than I ever have! That is truly a gift. I highly recommend Dawn if you're looking for a personal trainer! - Ingrid

“ It's been an amazing journey training with Dawn. I feel healthier, stronger, more energetic,...I feel amazing! Dawn has made every session fun and adaptable to what my body needs. She has taught me so much about strengthening, core, stretching and how important each of them are in order to have a better lifestyle. Since we started I've lost 15 pounds, results that were possible from following what Dawn has taught me and being consistent with everything we've done since day 1. She is so knowledgeable in everything she teaches and cares about your personal progress. Can't thank her enough for everything she has done for me. - Pamela

YOU DON'T NEED MORE TIME. YOU NEED A SIMPLE START.

Start and Maintain Your Exercise Routine in Less Than 5 Minutes is your guide to building movement into real life—without overwhelm, extreme workouts, or all-or-nothing thinking.

Inside, you'll discover simple, effective ways to create consistency, overcome common hurdles, and feel stronger in your body and more confident in your life.

IN THIS BOOK, YOU'LL LEARN HOW TO:

- Start with just five minutes (or less)
- Create a routine that fits your real life
- Stay motivated when life gets busy
- Overcome setbacks with self-compassion
- Build strength, energy, and confidence—one day at a time

This isn't about becoming someone new.
It's about returning to you.
Stronger. Healthier. More you.

You are capable.

You are worthy.

You can begin today.

DAWN HALL

FITNESS & WELLNESS COACH

www.dawnhallfit.com