



Tempo

To: [Billy Joel III](#) >

8:10 AM

🌟 Find your perfect workout in the stars

Plus, enter our New Year's Challenge and get sage advice from our coaches.

TEMPO

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The Beat



Whether you're an air, water, fire, or earth sign, you'll find a workout that's perfectly suited for you in our latest blog. Looking for something more grounded? There's still time to join our New Year's Challenge, and we've got some highly motivational words from Coaches Clarence and Melissa.

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TEMPO Zodiac

01. Your Zodiac Sign & the Perfect Workout

In the spirit of the new year as well as the heavenly bodies above, ride a cosmic beam over to our latest blog and tap into the out-and-out fun of your zodiac sign to find an ideal workout. Yes, it's a playful exercise, but Coaches Melissa and Colby thought carefully about each sign's core personality trait and corresponding body part to put together a workout that just might strike your fancy—right here on Mother Earth!

[Read the Blog](#)

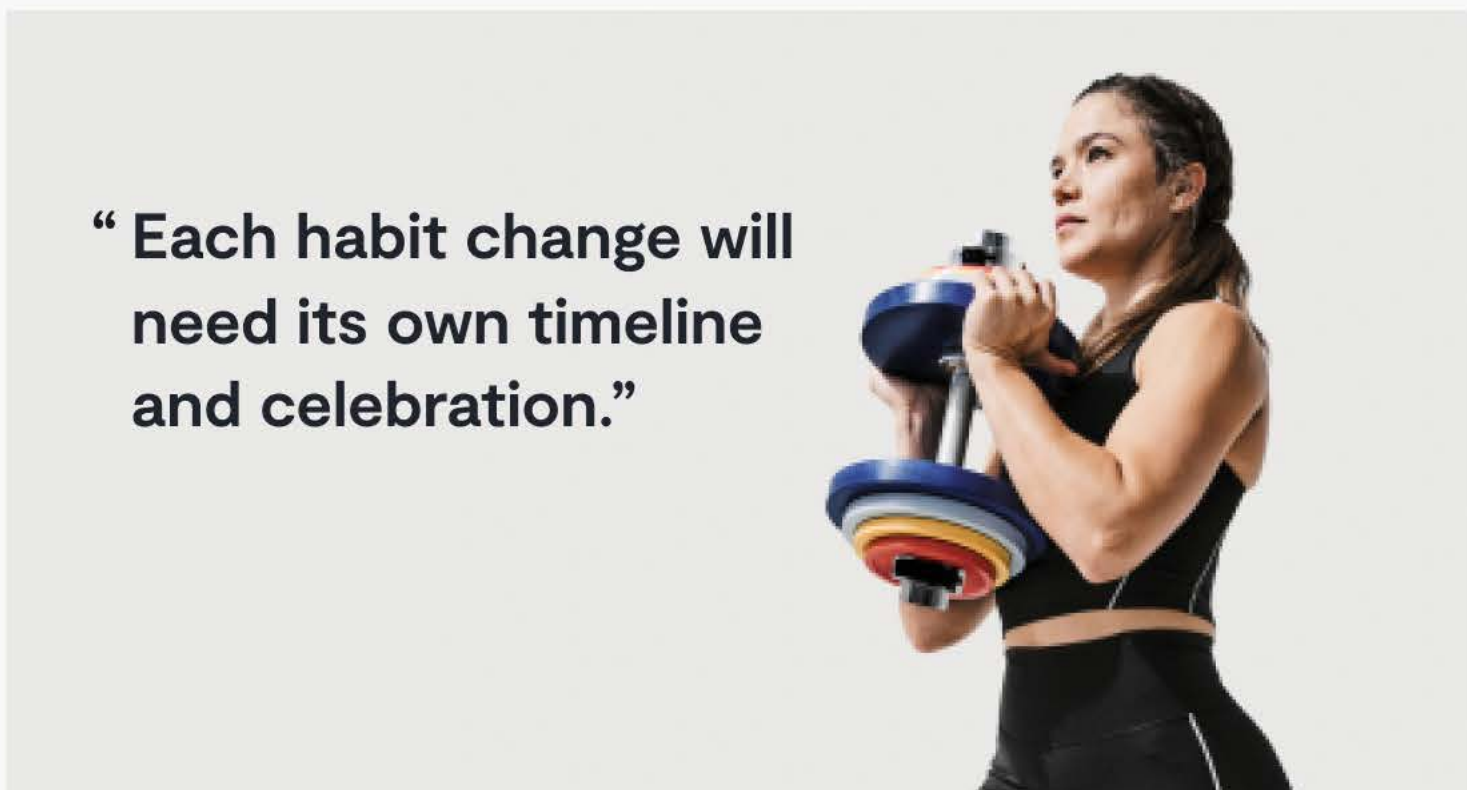
02. Our New Year's Challenge Is Still On



There's still time to join our first fitness challenge of 2023! Simply complete a program by January 31 and you'll be entered for a chance to win some super-groovy, limited-edition Tempo swag. And for each additional program you complete, you'll receive an extra entry and chance to win. Show 2023 that you're up for anything and that you've totally got what it takes!

[Join challenge in the app](#)

03. Motivation for the New Year



“ Each habit change will need its own timeline and celebration.”

“Start small. Big stretch goals should be broken down into all the little habits they will take to achieve and taken on one by one. Each habit change will need its own timeline and celebration. Start as small as possible and focus on each habit until it sticks before moving on. When I say small, I mean small. I know we want it all right now, but these small wins will get you there faster and you'll have all the building blocks you need to stay with it.”
—Head Coach Melissa

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