



# RESTORE



Stick with it! 30 minutes of fitness, healthy choices, connections, fun and giving of yourself will keep you STRONG!

| Goal  | Monday   | Tuesday  | Wednesday   |
|---|--|--|---|
|   | <p>Monday<br/>30 minutes of continuous walking/running</p> <p>Put your best effort forward to make this one of your best workouts.</p> | <p>Tuesday<br/>LIVE Chair Yoga<br/>11am EST</p> <p>Call your accountability partner and participate together. It's always BETTER TOGETHER!</p> | <p>Wednesday<br/>Circuit Day, 45 seconds of each, repeat circuit 2-3 times</p> <p>High Knees, Squats, Jumping Jacks, Mountain Climbers, Push-Ups, Plank, Superman, Dips, Fast Feet, Mountain Pose</p> |
| Thursday  | Friday   | Saturday   | Sunday  |
| <p>Thursday<br/>20-30 mindfulness with Stacy Sims</p> | <p>Friday<br/>LIVE Yogalates<br/>8:15am EST</p>  | <p>Saturday<br/>LIVE Zumba<br/>9am EST</p>   | <p>Sunday<br/>5K family run/walk</p> <p>Make time to share your active time to keep yourself accountable to always moving 150 minutes each week.</p>  |

