

# Spring into Fitness Challenge

Week 1					
Start-Up Sunday	TIP: Prep fruits and veggies for this week's healthy grab-and-go snacks.	Before breakfast: 4 to 6 sets of Jumping jacks for 30 seconds each set; 1 minute rest between sets  Take a new OnDemand class or try a new physical activity like speed walking, rowing, hiking, or swimming			Daily Step Count:
Meditation Monday	Tip: Take small breaks during the day to better manage stress. Try small Progressive Relaxation breaks. Close your eyes, tense & relax each muscle group for 5 seconds, from head to toe.	After your regular fitness class, add a 15-20min meditation or Yoga class. OR try our live relax and restore class:	-	<a href="#">Relax and Restore 6:00pm-6:30pm CT</a>	Daily Step Count:
Sit Less Tuesday	TIP: Too much sitting affects your overall health. It saps your energy, decreases your metabolism, and makes your joints stiff. Prolonged sitting can increase your risk of cardiovascular disease.	Walk 45-60 minutes to accumulate your steps! If you feel ambitious, try incorporating smaller bouts of faster paced walking or jogs into your walk	Daily step GOAL 10,000  Take a fun, Live class to add more steps!	<a href="#">Soul Line Dancing 4:00pm-4:45pm CT</a>	Daily Step Count:
Wellness Wednesday	TIP: Try roasting your veggies and adding flavorful spices for a tasty side dish.	Try a new fitness class to add a new stimulus to your body and boost your metabolism!	<a href="#">Kickboxing 4:00pm-4:45pm CT</a>	<a href="#">Cardio HIIT 3:00pm-3:45pm CT</a>	Daily Step Count:
Ambitious Thursday	TIP: Start your morning with a cup of water. You're more likely to drink more throughout the day if you start early	Walk 20-30 minutes at a medium-fast pace or jog/run 20 minutes at a pace faster than your normal pace.			Daily Step Count:
Fun Friday	TIP: Plan a special family dinner at home. Involve your partner and kids for a fun healthy meal.	Look for a fun, different, physical activity to spend your Friday afternoon! Try bowling, rock climbing, grab a friend or family member for a pickup game of tennis or pickleball!	OR Try a new Live Zoom Class:	<a href="#">Strength 3:30pm-4:00pm CT</a>	Daily Step Count:
Surprise Saturday	TIP: Take a walk in the evening after dinner to aid with digestion before bedtime.	Explore a new hiking or bike trail, or check out the local museum!	Try a different new Live Zoom class:	<a href="#">HIIT and Core 8:30am-9:15am CT</a>	Daily Step Count:
Week 1				Step Count for the Week:	

# Spring into Fitness Challenge

		Week 2			
<b>Start-Up Sunday</b>	TIP: Set out daily water to ensure your fluid needs are met this week.	Surprise yourself by learning a new form of martial arts!		<a href="#">Foundations Tai Chi</a> 4:00pm-4:45pm CT	Daily Step Count:
<b>Meditation Monday</b>	TIP: Calm your brain and response to stress by sitting in a quiet place for 10 minutes, close your eyes and listen to your breath.	Seek out a pool and swim for 30 minutes to aid recovery or take a relaxing walk or bike ride! Try a Live meditation or Yoga class:	<a href="#">Restorative Yoga</a> 6:00pm-6:30pm CT	<a href="#">Meditation</a> 2:230pm-2:50pm CT	Daily Step Count:
<b>Sit Less Tuesday</b>	TIP: Tight muscles can contribute to a decreased range of motion about a joint. When this happens the muscles become less flexible and more prone to injury. Take a break from your desk to stretch the core muscles, neck and shoulder!	Seek out the hills! Walk 30-45 minutes on varying hills to elevate your heart and exercise within different heart rate zones.  Try a Live high intensity class to step up your conditioning:	<a href="#">Cardio HIIT</a> 3:00pm-3:45pm CT	<a href="#">Cardio Core</a> 9:00am-9:45am CT	Daily Step Count:
<b>Wellness Wednesday</b>	TIP: Try a sliced banana with a scoop of low-fat yogurt for dessert. Reframe how you think about dessert!	Try a new fitness class to add a new stimulus to your body and boost your metabolism!	<a href="#">Kickboxing</a> 4:00pm-4:45pm CT	<a href="#">Total Body Conditioning</a> 9:00am-9:45am CT	Daily Step Count:
<b>Ambitious Thursday</b>	TIP: Try infusing your water with fresh strawberries, cucumber or mint.	Do warm up exercises and walk or slow jog for 10 minutes to prepare. JOG/RUN for 4 minutes at a fast pace (on a scale of 1-10, 8 or 9 in intensity). Walk for 3 minutes. Repeat this fast pace for 4 minutes, followed by walk 3 minutes for 4-8 repeats.	Walk 5 minutes to cool down and stretch.  Or take a Live class to kick up the metabolism!	<a href="#">Zumba with Soul</a> <a href="#">Body Restore</a> 4:00pm-4:45pm CT	Daily Step Count:
<b>Fun Friday</b>	TIP: Social activities improve our mood, increase our confidence, help us develop empathy and better social skills.	Learn a new craft, explore a new path along a lake, gather some friends for a pickup game or board game!  OR try a new LIVE class:		<a href="#">Barre</a> 2:00pm-2:45pmCT	Daily Step Count:
<b>Surprise Saturday</b>	TIP: New activities not only stimulate us physically, but mentally. New activities have been shown to improve morale, creativity, and memory! Try a new physical activity to celebrate another successful week!	Schedule a kayaking trip, visit a local cultural festival, or fun walk/run. Stretch your boundaries!  OR try a new LIVE class:		<a href="#">Qigong</a> 9:00am-9:20amCT	Daily Step Count:
<b>Week 2</b>				<b>Step Count for the Week:</b>	

# Spring into Fitness Challenge

		Week 3			
Start-Up Sunday	TIP: Take 30 minutes to make a grocery list for healthy meals for this week. You will be better prepared and less apt to add unhealthy snacks or items you didn't plan for.	Start your day with pushups and bodyweight squats. Perform 10 pushups followed by 10 squats, rest for 45 seconds and repeat. Repeat this sequence for 4-6X.			Daily Step Count:
Meditation Monday	TIP: Reap the benefits of meditation by joining our meditation sessions! Meditation is the process of training your mind to focus and redirecting your thoughts. Over time, meditation supports the development of positive habits and feelings, such as mood, outlook, self-discipline, healthy sleep patterns, and increased pain tolerance.	Focus on stretching today, relaxing after the weekend and getting your body ready for the rest of the week.  Stretch before bedtime for 15-20 minutes. OR Take a live Yoga class	<a href="#">Inclusive Yoga</a> 11:30am-12:15pm CT	<a href="#">Relax and Restore</a> 6:00pm-6:30pm CT	Daily Step Count:
Sit Less Tuesday	TIP: How many times during the day do you find yourself bending forward? Bending backward? Most of our daily activities are performed in the frontal plane, or in front of us. Now add sitting at the desk for lengthy periods of time also pulling our torso forward. This constant forward pull strains the neck and shoulders as well as the back. The muscles in the front of the shoulders and neck become tight while the muscles toward the back become overlengthened. It is important to bring awareness to this area every day by stretching the neck and shoulders to prevent long lasting or chronic tightness that can lead to increased injury.	Get moving to accumulate those steps! Take a walk in the morning, enjoy sunrise!  Take a mid-afternoon walk for your lunch break. Grab a co-worker!  Check your steps – are you close to 10,000?	<a href="#">Cardio HIIT</a> 3:00pm-3:45pm CT	<a href="#">PiYo</a> 6:00pm-6:45pm CT	Daily Step Count:
Wellness Wednesday	TIP: One of the benefits of exercising in a group is the camaraderie and level of support. Exercising with others adds motivation and accountability.	Take a new fitness class!	<a href="#">Pink Ribbon Barre</a> 11:00am-11:30am CT	<a href="#">Abs, Glutes &amp; Thighs</a> 6:00pm-6:30pm CT	Daily Step Count:
Ambitious Thursday	TIP: Exercise can improve sleep by helping to reduce anxiety and stress.	Challenge yourself today by warming up for about 10-15minutes. Then do an all-out sprint for 30 seconds. Walk for 1 and a half minutes, then sprint again for 30 seconds. Repeat this sequence 10-12 X. Cool down with a Yoga or Yoga breathing class.	<a href="#">Yoga</a> 12:30-1:15pm CT	<a href="#">Breath of Fire Breathing</a> 5:00pm-5:45pm CT	Daily Step Count:
Fun Friday	TIP: To avoid added sugars, try unsweetened sparkling water for a flavorful change.	Go to a baseball, basketball or hockey game to watch your favorite team! Or have a movie night and focus on healthy snacks, popcorn without all the salt and butter, hummus and veggies. Or take a Live class!	<a href="#">Strength</a> 3:30pm-4:00pm CT	<a href="#">Power Yoga</a> 3:00pm-3:45pm CT	Daily Step Count:
Surprise Saturday	TIP: Stretching before you get out of bed turns on your 'rest and digest' system putting you in a relaxed state right when you get out of bed, setting the tone for a calm morning and day! Before your feet hit the floor this morning take 10 minutes to stretch.	Take a trip to the beach or lake! Walk the beach or enjoy a walk around the lake.  Try surfing or stand up paddleboarding! Or take a Live class!	<a href="#">iRest</a> 9:00am-9:30am CT		Daily Step Count:
Week 3				Step Count for the Week:	

# Spring into Fitness Challenge

		Week 4			
Start-Up Sunday	TIP: Prepare in advance for the week ahead. Cook healthy crockpot meals that can be stored or frozen in batches. Make larger portions and separate them into meals for lunch or dinner. Cook a full chicken that can be used in different recipes throughout the week. Clean and prepare portions of fruits and veggies for breakfast and lunch.	Do you get the "Sunday blue's"? Look for a fun Sunday evening activity you can do to look forward to each Sunday evening.  Try those push up and squats again! How many can you do? Aim for 12-15 pushups and 15 squats. Push yourself to do at least one more than you did the last time. Write it down so you can add to it the next time!	<a href="#">Foundations Tai Chi</a> 4:00pm-4:45pm CT		Daily Step Count:
Meditation Monday	TIP: Reflect on your restorative Monday's. Did you take the time to restore your body and mind? What worked best for you? What didn't work and why? How can you better your mental state and body for the week ahead?	Try journaling to increase your mindfulness and better monitor your mood and presence.  Take a Live restorative class	<a href="#">Pilates</a> 11:30am-12:00pm	<a href="#">Relax and Restore</a> 7:00pm-7:30pm CT	Daily Step Count:
Sit Less Tuesday	TIP: Are you achieving your 10,000 step goal? Simple ways to incorporate more steps include walking around while on the phone, parking in the farthest parking spot, take a longer loop around your house, take the stairs, walk the dog more frequently (it's good for both of you!).	Plan your daily schedule to include a 45-60-minute walk or split it up into 3 or 4 smaller sessions. Just put it on the calendar!  Try a different route for mental and physical stimulus!	<a href="#">Cardio HIIT</a> 3:00pm-3:34pm CT	<a href="#">Soul Line Dancing</a> 4:00pm-4:45pm CT	Daily Step Count:
Wellness Wednesday	TIP: Which new fitness class did you most enjoy? Why not add it to your schedule on a regular basis? Group exercise is the perfect activity you don't have to plan for! The instructor does it all for you! Each class is structured with a warmup, planned exercises to achieve a goal, and a cool down.		<a href="#">Total Body Conditioning</a> 9:00am-9:45am CT	<a href="#">Core Without the Floor</a> 12:30pm-1:00pm CT	Daily Step Count:
Ambitious Thursday	TIP: Have you been ambitious and challenged yourself during this challenge? Have you been able to break through physical barriers? Challenging yourself daily sets the tone for the rest of your day and makes you more receptive to new ideas and adventures.  Challenging yourself literally trains your body and mind to be open to new ideas and discoveries!	Seek out the stairs! A stair workout is one of the best cardiovascular conditioning exercises. Running stairs forces you to work against gravity, building strength and power. Avoid running the steps if you are new to stair workouts.  Warm up thoroughly.			Daily Step Count:
Fun Friday	TIP: What is your favorite social activity? Is it mentally and physically healthy for you? Or is it 'just what you do' on a Friday afternoon? Changing patterns and habits takes thoughtful and repeated effort. It can take anywhere from 2 months to one year to change a habit. Set small goals and don't despair if along the way, just refocus!	Seek out that social activity that you have been wanting to try but have not made the time.  Get your partner or kids engaged and get outdoors to try some pickleball, shoot some hoops, host a scavenger hunt for your friends or neighbors.	<a href="#">Barre</a> 2:00pm-2:45pmCT	<a href="#">Strength</a> 3:30pm-4:00pm CT	Daily Step Count:
Surprise Saturday	TIP: People who explore new areas and activities tend to have a stronger sense of well-being and enhanced happiness. Exploring keeps your brain active and increases self-awareness.	Choose a local area you have not yet visited. Research the area before going and try a new dining spot, food vendor, little specialty shop, museum, town hall, and historical monument. Find out what makes that area different and special.	<a href="#">Yoga 30 minutes</a> 7:30am-8:00am CT	<a href="#">HIIT and Core</a> 8:30am-9:15am CT	Daily Step Count:
Week 4			Step Count for the Week:		