



# Healthy After the Holidays

Your Lifestyles team has put together a fitness calendar that people of all fitness levels can do! Participation is easy and open to Lifestyles members and non-members. To start your fitness journey this year, complete as many of the challenges below as you can!

## JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 <input type="checkbox"/> Keep Moving: Walk a mile	10 <input type="checkbox"/> Make a new Healthy recipe	11 <input type="checkbox"/> Unplug: No social media	12 <input type="checkbox"/> Try a Healthy snack	13 <input type="checkbox"/> Phone a friend	14 <input type="checkbox"/> Keep moving: 10k steps in a day
15 <input type="checkbox"/> Take a rest day	16 <input type="checkbox"/> Make a new Healthy recipe	17 <input type="checkbox"/> Keep Moving: Walk a mile	18 <input type="checkbox"/> Stretch	19 <input type="checkbox"/> Unplug: Limit screen time	20 <input type="checkbox"/> Keep moving: 10k steps in a day	21 <input type="checkbox"/> Stay Hydrated: Drink 64 oz of water
22 <input type="checkbox"/> Take a rest day	23 <input type="checkbox"/> Keep moving: 10k steps in a day	24 <input type="checkbox"/> Unplug: No social media	25 <input type="checkbox"/> Phone a friend	26 <input type="checkbox"/> Stay Hydrated: Drink 64 oz of water	27 <input type="checkbox"/> Make a new Healthy recipe	28 <input type="checkbox"/> Keep moving: 10k steps in a day
29 <input type="checkbox"/> Take a rest day	30 <input type="checkbox"/> Try a Healthy snack	31 <input type="checkbox"/> Stay Hydrated: Drink 64 oz of water				

**Congratulations!** *You've rewarded yourself with good health after the holidays!*

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Please send me more information about Lifestyles Fitness!