



March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	01 <i>March</i> WORKOUT (2-4 days /week) <ul style="list-style-type: none">Crunches x 20Squat x 15Single leg Romanian Deadlift x 12 ea. sidePlank shoulder taps x 15 ea. sideJumping jacks x 20 START TODAY!	02 <i>Mid-week Morning</i> 10 minute start Give yourself 10 extra minutes to: Stretch after you get up. Make sure to hit every body part.	03 <i>Sweet Cherry, Almond Smoothie</i> <ul style="list-style-type: none">1 1/2 Cup frozen cherries1 cup Almond milk1 scoop protein powder1 bananaice	04 Drink 60-100 oz. of water <i>Aim for this goal everyday!</i> 	05 FAMILY SAME RIGHT Hide & Seek Take it up a level: Play at night with all the lights off OR Go outside and bring the squirt guns along
06 REMINDER: Make a list of things you need to get done this week <i>Check them off as you get them done!</i> 	07 DID YOU KNOW? People with gum disease are at higher risk for heart disease MAKE A DENTIST APPOINTMENT FOR A ROUTINE CLEANING	08 Dead Bug: Core exercise (12 ea. side x 3) <ul style="list-style-type: none">Lie on your back with your feet on the ground and knees bent.Lift your right leg toward your chest and touch your knee with your left hand.Extend your leg slowly as you reach your arm overhead and out.Bring your knee and arm back toward your core and repeat.	09 <i>Mid-week Morning</i> 10 minute start Give yourself 10 extra minutes to: On two pieces of paper write 5 things you are grateful for. Leave one at home and take one with you when you leave	10 Popcorn Lover's Day! Popcorn is a great low calorie snack	11 There is compelling evidence that strong relationships contribute to a long, healthy, and happy life. Plan a date night!	12 ON THE HUNT! Find fruits & veggies in as many colors as you can find <small>Tip: Only buy the ones you like or want to try</small>
13 SNACK MEAL PREP Using the fruits and veggies you got yesterday put serving size amounts in snack bags and store in the fridge for a quick snack or add them to your lunch	14 5 Benefits of Fiber <ul style="list-style-type: none">MAY REDUCE THE RISK OF SOME CANCERSIMPROVES HEART HEALTHCAN REGULATE BLOOD SUGAR SPIKESHELP REGULATE GI TRACTAIDS IN WEIGHT LOSS	15 Renegade Row: Back/shoulder exercise (10 ea. side x 3) <ul style="list-style-type: none">Brace your body in a plank or modified plankRow one dumbbell upward until your upper arm is slightly higher than your torso.Slowly lower it back down to the groundRepeat on the other side	16 <i>Mid-week Morning</i> 10 minute start Give yourself 10 extra minutes to: Fix a healthy breakfast, and eat it!	17 HAPPY St. Patrick's DAY 	18 YOU ARE THE ARTIST OF YOUR OWN LIFE. DON'T HAND THE PAINTBRUSH TO ANYONE ELSE.	19 Try a new trail out today
20 Today's a good day for a long walk 	21 Bear Crawl: Core and Quad Exercise: (12 x 3 sets) <ol style="list-style-type: none">Start on all fours and lift your knees so they're at a 90-degree angle and hovering an inch off the groundMove one hand and the opposite foot forward an equal distance while staying low to the ground.Switch sides, moving the opposite hand and foot.Repeat the movement while alternating sides.	22 Don't wait till you've reached your goal to be proud of yourself Start being proud from the 1st step 	23 <i>Mid-week morning</i> 10 minute start Give yourself 10 extra minutes to: Visualize a positive day and meditate on that	24 HAPPY HOUR <i>Take an hour for yourself today. Do something that makes you feel peace</i>	25 EATING IN Pick a meal you would order out and try to recreate it at home	26 Today's reminder: Attract what you expect, Reflect what you desire, Become what you respect, Mirror
27 REST DAYS: Just as important to a workout routine, as the workout itself 	28 Every hour: Stand up Shake out all your limbs Roll your shoulders and neck Take 5 slow inhales & exhales THEN, BACK TO WORK! 😊	29 <i>Change begins at the end of your comfort zone</i>	30 <i>Mid-week morning</i> 10 minute start Give yourself 10 extra minutes to: Take a walk around your neighborhood	31 <i>Try this</i> Sumo Squats: Quad/inner thigh exercise: (12 x 3 sets): <ol style="list-style-type: none">Start by standing with your feet out wide and your toes pointing out.Keeping weight in your back heels, start to lower your hips and bend your knees into a wide squat. Go down until your thighs are parallel to the floor.Stand back up, squeezing your glutes at the top of the movement.	GOAL Getter Chase your dreams, because they are not going to chase you back.	