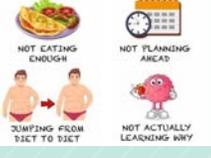




May 2022

SUN MON TUE WED THU FRI SAT

<p>01 <i>May</i></p> <h2>WORKOUT</h2> <p>(2-4 days /week)</p> <ul style="list-style-type: none"> • High knee touch x 20 • Prisoner Squat x 15 • Walking lunges x 12 ea. side • Push up x 12 • Alt. front/side shoulder raise x 12 ea. way • Bent over row x 12 ea. side • Abdominal Bicycles x 20 <p>START TODAY!</p>	<p>02</p> <h2>Mindful Moment Tip</h2>  <p>Turn off the radio on the way to work today. Enjoy the silence and envision a peaceful day</p>	<p>03</p>  <p>Today's challenge:</p> <p><i>Take the stairs!</i></p>	<p>04</p> <p>You will never be defeated by what they say about you, you will only ever be defeated by what YOU say about you</p>	<p>05</p> <h2>Agua fresca!</h2> <ul style="list-style-type: none"> • 4 cups chopped fruit • 3 cups water • 1 tablespoon sweetener of your choice • 1 lime, juiced <p>Add all ingredients to a blender puree until it's completely smooth. Strain the mixture through a fine mesh sieve into a large pitcher. Enjoy over ice</p>	<p>06</p> <h2>Sunset walk</h2> 	<p>07</p> <h2>Kundalini Yoga</h2> <p>Involves chanting, singing, breathing exercises, and repetitive poses. Its purpose is to activate your 7 chakras. This is a spiritual energy that's said to be located at the base of your spine</p> 
<p>08</p> <h2>Happy Mother's Day</h2> 	<p>09</p> <h2>HELLO MONDAY</h2> <p>Take a moment to share some positive motivation around your work place.</p>	<p>10</p> <h2>Anusara Yoga</h2> <p>Known as the most spiritual form of yoga. It focuses on your inner self, mind and soul</p> 	<p>11</p> <h2>Finding Motivation to Workout</h2> <ul style="list-style-type: none"> • Begin by working for a more active lifestyle • Make exercise a regular part of your day • Find purpose more than your fitness goals • Create your own experience • Do what feels best for you • Try interactive classes 	<p>12</p> <p>Take some time today to note birthdays of the people in your life. Either in your phone or on a calendar</p> 	<p>13</p> <h2>STRENGTH TRAINING MYTH</h2> <p>For Women</p> <p>THEY WILL BECOME TOO BULKY ❌</p> <ul style="list-style-type: none"> • Build lean muscle and look tone • Improve bone strength and slow down bone density loss • Improve blood pressure and blood sugar • Improve energy level and sexual function • Improve confidence 	<p>14</p> <h2>Family Dinner</h2> <p>All your favorite taco toppings on a salad!</p> 
<p>15</p> <h2>Plan a summer get away</h2> <p>Over night local stay or the vacation you've been dying to take</p> <p>Get it on the calendar!</p> 	<p>16</p> <h2>CARDIO MYTH</h2> <p>FOR MEN</p> <p>CARDIO IS ONLY FOR WOMEN ❌</p> <ul style="list-style-type: none"> • Reduces the risk of cardiovascular disease, stroke, type II Diabetes, high blood pressure and high blood sugar • Improves memory, mood, and sexual function • Increases energy and endurance • Strengthens your immune system 	<p>17</p> <h2>chair abs</h2> 	<p>18</p> <h2>TOP 4 NUTRITION MISTAKES</h2> 	<p>19</p> <h2>Vinyasa Yoga</h2> <p>Characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga</p> 	<p>20</p> <h2>Take a salad for lunch today!</h2> 	<p>21</p> <h2>5-Ingredient Peanut Butter Energy Bites</h2>  <ul style="list-style-type: none"> • ¾ cups Creamy Peanut Butter • ½ cups Semi-Sweet Chocolate Chips • 1 cup Old Fashioned Oats • ¾ cups Ground Flax Seeds • 2 Tablespoons Honey <p>Combine all ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 12 bites and store in the fridge for up to 1 week.</p>
<p>22</p> <h2>REMINDER:</h2> <p>Make a list of things you need to get done this week</p> <p>Check them off as you get them done!</p> 	<p>23</p> <h2>Hatha Yoga</h2> <p>Move your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time, focusing on relaxation and mindfulness.</p> 	<p>24</p> <p>Tuesday</p> <p>4 days until Saturday to make things happen</p> <p>OurMindfulLife.com</p>	<p>25</p> <h2>National Wine day</h2> <p>Studies have shown that consuming a moderate amount of red wine a day may help prevent a number of diseases including heart disease.</p> 	<p>26</p> <h2>Ways to stay Hydrated THAT DON'T INVOLVE WATER!</h2> <ul style="list-style-type: none"> • Eat fruits & veggies with a high water content • Sugar free popsicles • Decaffeinated iced tea • Eat oatmeal for breakfast • Have a smoothie for lunch/snack • Drink more milk 	<p>27</p> <h2>Happy Friday!</h2> <p>Surprise your coworkers with a treat</p> 	<p>28</p> <h2>Saturday Workout YARD WORK</h2> 
<p>29</p> <h2>Bikram Yoga</h2> <p>A specific set of 26 postures repeated through the duration of the class. Practiced in a hot or humid room. Not recommended for beginners</p> 	<p>30</p> <h2>Memorial Day</h2> <p>Honoring those who have fallen</p> 	<p>31</p> <h2>WORLD NO TOBACCO DAY</h2> <p>If you've been considering giving up tobacco</p> <p><i>Today is the day!</i></p> <p>The world is behind you</p>  <p>For helpful resources visit BeTobaccoFree.gov</p>	<p>GOAL Getter</p> <p>SUCCESS IS NOT FINAL; FAILURE IS NOT FATAL; IT IS THE COURAGE TO CONTINUE THAT COUNTS.</p> <p>WINSTON S. CHURCHILL</p> 			