

# TINY FITNESS SUMMER CHALLENGE - PART 1



Share your “Rest and Reflect” answers creatively with Tiny Fitness on Facebook or Instagram to win prizes!

15 <b>WILD WEDNESDAY</b> Push-Ups! Beginner: 10 Int.: 3 x 10 Adv.: 5 x 10	16 <b>THIRSTY THURSDAY</b> Make sure you drink enough water today!	17 <b>FRESH FRIDAY</b> Try for five servings of fruit and veggies today!	18 <b>REST AND REFLECT</b> What <u>one</u> word motivates you <b>RIGHT NOW</b> in your health and fitness journey?
19 <b>SUNDAY RUNDAY</b> Add a 5 min jog (or walk-jog) to your day!	20 <b>MAGICAL MONDAY</b> Go for 8 hours of sleep tonight!	21 <b>TINY TUESDAY</b> This week’s tiny change: commit to doing one healthy thing every day from now on! Stretching, healthy meals, working out...every tiny bit counts.	22 <b>WILD WEDNESDAY</b> Wall Sits! Beginner: 45 sec Int.: 3 x 45 sec Adv.: 5 x 45 sec
23 <b>THIRSTY THURSDAY</b> Make sure you drink enough water today!	24 <b>FRESH FRIDAY</b> Try for five servings of fruit and veggies today! ...and 10 push-ups.	25 <b>REST AND REFLECT</b> What is your <u>best</u> healthy habit?	
26 <b>SUNDAY RUNDAY</b> Add a 5 min jog (or walk-jog) to your day!	27 <b>MAGICAL MONDAY</b> Go for 8 hours of sleep tonight!	28 <b>TINY TUESDAY</b> This week’s tiny change: Add a 5 minute walk to your day - and try to fit one in every day. Use that time to let your brain unwind, NOT to plan and worry.	29 <b>WILD WEDNESDAY</b> Burpees! Beginner: 15 Int.: 30 Adv.: 60 (yes, really!)
30 <b>THIRSTY THURSDAY</b> Make sure you drink enough water today!	1 <b>FRESH FRIDAY</b> Try for five servings of fruit and veggies today!	2 <b>REST AND REFLECT</b> How can you keep health in your holiday plans?	
3 <b>SUNDAY RUNDAY</b> Add a 10 min jog (or walk-jog) to your day!	4 <b>MAGICAL MONDAY</b> Go for 8 hours of sleep tonight!	5 <b>TINY TUESDAY</b> This week’s tiny change: Engage your core! Sit with good posture wherever you are - ribs “knitted” together, spine straight, shoulders relaxed and aligned over your hips. You will look taller, but your core will become firmer over time, too!	6 <b>WILD WEDNESDAY</b> Lunge Walk! Beginner: 1 min Int.: 3 min Adv.: 7min
7 <b>THIRSTY THURSDAY</b> Make sure you drink enough water today!	8 <b>FRESH FRIDAY</b> Try for five servings of fruit and veggies today! ...and 10 push-ups.	9 <b>REST AND REFLECT</b> What is your fitness “dream” goal? A marathon? A pull-up? Climbing a mountain? (Or your own, more creative answer!)	
10 <b>SUNDAY RUNDAY</b> Add a 10 min jog (or walk-jog) to your day!	11 <b>MAGICAL MONDAY</b> Go for 8 hours of sleep tonight!	12 <b>TINY TUESDAY</b> This week’s tiny change: Eat your leafy greens at least five times this week. Greens provide critical health-protective nutrients.	13 <b>WILD WEDNESDAY</b> Plank! Beginner: 30 sec. Int.: 60 sec. Adv.: 2 min
14 <b>REST AND REFLECT</b> How did you do this month on the challenge? (PS, drink H <sub>2</sub> O)			

## IMPORTANT NOTES:

Work at your own pace and fitness level, and always consult your physician before modifying your exercise program. This fitness challenge is intended to inspire, not to injure! Participate solely at your own risk.