

Fit 4 Life

JANUARY 2023

Tag us :
#ItStartsInParks
#Fit4Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Set a personal goal. Write this goal down, look at it daily. Take it one day at a time.		Share your goal with a friend, family, co-worker. Be accountable.		Be mindful of your thoughts and feelings. Take breaks throughout the day, journal, meditate, get physical.		
1 Happy New Year! Set yourself up for success. Take time for you today. Make a plan	2 Listen to a feel-good playlist, pick 5 songs and go for a walk.	3 Try a new sport.	4 Practice mindful breathing.	5 Visit an outdoor fitness station.	6 Make a fruit smoothie.	7 Take a picture at a City/County park at sunset.
8 Spend time cooking a healthy breakfast.	9 Take a walk along a trail, beach, or in your neighborhood.	10 Practice makes perfect. Find a friend to share your new sport.	11 Write down 5 things that went well today.	12 Take 5 minutes and stretch.	13 Drink more water. Add a lemon or cucumber for added flavor.	14 Visit a local farmers market. Buy fresh produce.
15 Clean out and re-stock your refrigerator.	16 Listen to a feel-good playlist. Pick 10 songs and go for a walk.	17 Attend a fitness class. Cycling, Zumba, HIIT Or find one online.	18 Acknowledge 5 things that bring you happiness.	19 Take 15 minutes walk, stretch, reflect.	20 Enjoy a healthy salad. Add a protein.	21 Visit a local park. Stretch, breathe deeply, walk, relax.
22 Declutter your space. Bedroom, closet, pantry.	23 Go for a bike ride, scooter, rollerblades	24 Start your day early, Get a work out in before work.	25 Reflect on this month. What new goals can you add for February?	26 Find a local Yoga class. Or try YouTube Yoga.	27 Try a new healthy meal.	28 Find a place to go for a hike. Have a furry friend? Bring them along.
29 Enjoy a meal with your closest friends or family.	30 Listen to a feel-good playlist, pick 15 songs and go for a walk.	31 Grab a friend and go outside. Play a game... Pickle Ball, Tennis, Basketball				

The sun will rise again.

Each day is a new day.