

Fit 4 Life

JANUARY 2023

Tag us :
 #ItStartsInParks
 #Fit4Life

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

The sun will rise again.

Each day is a new day.