

Summer Sweat & Shine 6-Week | Sweat FRESH Guide

Mon, June 22nd – Sat, August 1st, 2020

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
(1) June 22	<p style="text-align: center;">Monday (Morning) Move & Mist</p> <p style="text-align: center;">....</p> <p>Aim to wake-up 20-30 minutes early every Monday and move anyway you like (*the more you sweat, the more “fresh” you will feel)!</p> <p style="text-align: center;">Then, have an alternating “hot-cold” shower mist to help you start your week fresh!</p>	<p style="text-align: center;"><u>Summer Fit HIIT</u></p> <p style="text-align: center;">Every Tuesday EVENING @7pm MST <u>Facebook Live</u></p>	<p style="text-align: center;">Worry-Not Wednesday</p> <p style="text-align: center;">....</p> <p>“Worries” seriously steal our SHINE. Your goal today is to make an effort to catch your worries & replace them with words ... Words of Truth & Peace. You pick what those words are!</p> <p style="text-align: center;">Move 30 minutes today ... any way you want. Walk it out, stretch, or other – you do you girl!</p>	<p style="text-align: center;">Together Thursday</p> <p style="text-align: center;">....</p> <p style="text-align: center;">Grab a pal and that freshens your spirit & move together!</p>	<p style="text-align: center;"><u>Summer RISE Surprise</u></p> <p style="text-align: center;">Every Friday MORNING @7am MST <u>Instagram Live</u></p>	<p style="text-align: center;">Saturday Step-Up</p> <p style="text-align: center;">....</p> <p>Today is ALL about sweat! Get your heart pumping hard, so you get ALL those Re-FRESH-ing endorphins that follow.</p> <p>Go for a hike, walk stairs, jog or anything else that brings on the glow. Aim for 30 – 60 minutes and make sure to hydrate with lots of water afterwards!</p>	<p style="text-align: center;">Still & Chill Sunday</p> <p style="text-align: center;">....</p> <p>Carve out 30 minutes of complete stillness, as in your “to-do” list must take a seat. Read, journal, or listen to music – anything that brings you ease & calm! At the same time place a cold compress on your forehead, neck or your temples. Feel free to use essential oils, or cucumber slices (get creative!)</p> <p>You can move today if you would like, but aim for something restorative!</p>
(2) June 29							
(3) July 6							
(4) July 13							
(5) July 20							
(6) July 27							

Note:

- Aim to move at least 30 minutes per day ☺

