

## Summer Sweat & Shine 6-Week | Sweat FUN Guide

Mon, June 22<sup>nd</sup> – Sat, August 1<sup>st</sup>, 2020

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
(1) June 22							
(2) June 29	Mindfulness Monday ....	<u>Summer</u> <u>Fit</u> <u>HIIT</u>	Wild Wednesday ....	Together Thursday ....	<u>Summer</u> <u>RISE</u> <u>Surprise</u>	“S” is for ... .... Do an activity that starts with the letter “S”	Sunday Fun-Day! ....
(3) July 6	Do something active that brings awareness to your mind, body & spirit!		Do something a little out of the ordinary “for you!”	Grab a pal and move together!		Swimming Skateboarding Soccer Skipping Rope Spinning Sun-stretching Speed walking Skiing (water) Spike ball Slider workout Softball Soccer baseball “Sole-Sister” Sweat Other	Choose any activity that makes you smile & gets you moving!
(4) July 13		Every Tuesday EVENING @7pm MST <u>Facebook Live</u>	Go on a slip & slide Try rollerblading Go canoeing Orienteer Play twister Have a dance party		Every Friday MORNING @7am MST <u>Instagram Live</u>		
(5) July 20	Nature walk Journal & stretch Foam roll + music Walk & talk Other						
(6) July 27							

Note:

- Aim for at least 30 minutes activity every day ☺

