

February 2015 Monthly Challenge Options

- February is Heart Healthy Month so why not cardio it up! Complete a cardio exercise (you choose your repetition rate but just make sure to try to slowly increase it over the month) at least 3 times a week for the month. If you need guidance as to what is considered a cardio exercise, please let me know. (Jumping jacks, high knees, skipping, jumping rope, butt kicks, etc.).



- Give up one item that is your weakness (pop, candy, chips, etc.) for the entire month of February.



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!