



January 2015 Monthly Challenge Options

- Choose at least one wellness related New Year's Resolution for 2015 and stick with it throughout the entire month of January and hopefully the entire year!!!



- Exercise (any exercise method you want) for at least 30 minutes continuously, at least 3 times weekly.



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!