

May

Fitness Goals



FRIENDS

- *Take a walk & talk
- *Join Yoga/Pilates
- *Go to the gym together
- *Keep each other accountable!

FAMILY

- *Go hiking
- *Go biking
- *Swimming
- *Roller blading
- *Frisbee Golf
- *Basketball
- *Sand Volleyball

*"The only bad workout
is the one that didn't happen."*

-Unknown



SOLO

- *Invest in yourself
- *Choose your favorite exercise
- *Take yoga mat outdoors
- *Relieve all built up stress

