

THE COMMIT30 FITNESS CHALLENGE

Commit to 30 minutes a day of exercise/movement for 30 days in a row!

You can do cardio, strength training or just go for a walk. But the idea is to add some activity to each day for a minimum of 30 minutes for 30 days straight. This challenge is great because you can change it to your activity level and your skills.

MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT	SUN
Cardio	Strength	Cardio	Strength	Cardio	Fun	Yoga
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Cardio	Strength	Cardio	Strength	Cardio	Fun	Yoga

CARDIO IDEAS: DVD, Hiit, Power walk, Run, Kickboxing, or Spin class - Get your heart rate up!

STRENGTH IDEAS: DVD, Xfit, pilates class, etc.

FUN IDEAS: Hike, Bike, Swim, Kayak, Pilates Class, Dancing, Zumba class, etc.

No matter what you decide to do break a sweat, and have a good time doing it!

YOGA: Yoga class or check on yoga youtube videos.

WHAT IF I MISS A DAY? That's okay just double your activity the next day and make it up.

Disclaimer: Commit30 nor anyone associated with Commit30, will be responsible or liable for any injury sustained while exercising at your home, gym or elsewhere. This website's information is not intended to be a substitute for professional medical advice. Consult a doctor before starting any exercise program.

Share your progress online in our Facebook group or using **#commit30**

