



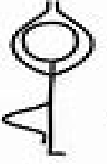


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Rest,</b> Drink your water, and eat your fruits and vegetables!</p>	<p><b>Move it Monday</b> Dance Party</p> 	<p><b>Total Fitness Tuesday</b></p> 	<p><b>Walk it Out Wednesday</b></p> 	<p><b>Rest,</b> Drink your water, and eat your fruits and vegetables!</p>	<p><b>Fit 5 Friday</b></p> 	<p><b>Slow-Down Saturday</b></p> 
<p>Try to drink 5 bottle of water, and eat 5 fruits and vegetables.</p>	<p>Turn on your favorite music, and dance for 30 minutes.</p> <p><i>Some other options:</i></p> <ul style="list-style-type: none"> <li>• Walk</li> <li>• March in place</li> <li>• Practice your Balance</li> </ul> <p><i>Moving your body for long periods of time helps you improve your endurance.</i></p>	<p>Do all sets of Endurance and Strength. Follow the link below.</p> <p><b>Beginner:</b> <a href="#">Level 1 Endurance</a> <a href="#">Level 1 Strength</a> <a href="#">Level 2 Endurance</a></p> <p><b>Advance:</b> <a href="#">Level 4 Endurance</a> <a href="#">Level 4 Strength</a></p>	<p>Walk or run for at least 30 minutes. (Adjust time as needed)</p> <p><i>Some other options:</i></p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• March in place</li> <li>• Practice your Balance</li> </ul> <p><i>Moving your body for long periods of time helps you improve your endurance.</i></p>	<p>Try to drink 5 bottle of water, and eat 5 fruits and vegetables.</p>	<p>Do all sets of Endurance and Strength. Follow the links below.</p> <p><b>Beginner:</b> <a href="#">Level 2 Strength</a> <a href="#">Level 3 Endurance</a> <a href="#">Level 3 Strength</a></p> <p><b>Advance:</b> <a href="#">Level 5 Endurance</a> <a href="#">Level 5 Strength</a></p>	<p>Work on your flexibility and practice mindfulness</p> <p><b>Beginner:</b> <a href="#">Level 1 Flexibility</a> <a href="#">Level 2 Flexibility</a></p> <p><b>Advance:</b> <a href="#">Level 3 Flexibility</a> <a href="#">Level 4 Flexibility</a> <a href="#">Level 5 Flexibility</a></p> <p><i>Being flexible helps prevent injuries to your muscles and joints.</i></p>