

2019 Workout Warrior Schedule



Date	Title	Date	Title
Jan. 2-31	Beyond Your Comfort Zone Do you feel like your activity level declines when it is cold out? Get tips on how to dress appropriately and find ways to get more activity outside for the winter months.	July 1-31	Upright and Steady Good balance is a key element of fitness but is often overlooked. Improve your balancing ability this month by incorporating some new exercises into your routine.
Feb. 4-28	Play Your Way to Health For this challenge we encourage you to engage in meaningful activities and hobbies that bring you joy and get your blood pumping!	Aug. 5-30	Bend Don't Break Join us and experience how good it feels to stretch the body. Increased flexibility has many health benefits including injury prevention.
March 4-29	Express Workouts Just 10 minutes/3 times a day on most days of the week can have a huge impact on your health!. Get your activity in for the day with some quick, fun workouts.	Sept. 3-27	Food and Fitness It can be confusing to know what is best to eat before, during or after a workout. This month you will receive tips on how to fuel depending on your health and fitness goals.
April 1-30	Dig in the Dirt Wake up from your winter hibernation and rejuvenate your body and mind in the garden!	Oct. 1-31	Back Basics Explore techniques to strengthen your lower back and improve your posture!
May 1-31	Step it Up Increase your daily step count by getting up and moving more! Any extra activity you can get throughout the day can have a positive impact on your health -- so let's get moving!	Nov. 3-30	Commit to Stay Fit Join us in setting intentions and committing to staying healthy during the holidays!
June 3-28	Move in the Cube Feel like you don't get much movement during your workday? Get tips this month on how to stretch and move more in your cubicle or office.	Dec. 1-31	Try Something New If you're stuck in a rut, join us this month and incorporate at least one new activity into your weekly routine.