

Summer is getting hot. So, let's

heat up your metabolism!

Strength training along with cardiovascular exercise (and nutrition, of course) is the best way to build muscle, burn fat and rev up your metabolism. Here's the challenge:

- Complete the attached strength routine 3x weekly
- Complete 15 minutes (or more) of cardio 3x weekly
- Take at least one day off
- For even better results eat a well rounded diet and practice portion control
- Initial weight _____ lbs (optional)
- Final weight _____ lbs (optional)



CHALLENGE DATES: JULY 11th - AUGUST 7th

Turn in your points at the end of each week. Max points equal 6 per week.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Total		Total Points
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Example:		x	x		x	x		x			x				3	3	6
Week 1 7/11-7/17																	
Week 2 7/18-7/24																	
Week 3 7/25-7/31																	
Week 4 8/1-8/7																	

Call or email your points weekly:

Brenda: 605.332.5531 / BBoese@kandjtrucking.com OR Morgan (Avera): 605.322.3868 / Morgan.douthit@avera.org

Win prizes! You are eligible to win prizes based on challenge completion, highest # of points and/or body composition (weight) improvement!