

# EXERCISE 2 DAY BEYOND



<http://www.exercise2day.com>

"Helping you improve your lifestyle one step at a time."

# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 In regards to your dreams, go for the gold!	2 Change "can't" into "can" today.	3 Are you drinking your water?	4 The only one stopping you is you. Go for it!	5 Find 10 min of "me" time today.	6 Enjoy one additional "green" fruit/veggie.
7 Call a friend and enjoy yourself.	8 Try a new exercise routine.	9 Be YOU!	10 Write down 1 goal you'll reach this week.	11 Small steps add up. You're doing great!	12 Bottoms up. Drink that Water!	13 Have you checked into PowerStarters group today?
14 Give me 10. Find 10 mins of something physical to do.	15 Cut back on 1 soda or sweetened beverage.	16 Make sure to stretch before/after your workout.	17 Find a new recipe and give it a shot.	18 Have faith in what you're working for.	19 Act as if what you do makes a difference. It does. - William James.	20 Try one additional "red" fruit/veggie today.
21 Grab some "me time" today.	22 Consistency is key. Keep it up!	23 Hit a plateau? Ask for help.	24 Add a salad with dinner tonight.	25 Try a new fruit or veggie.	26 Keep the faith!	27 Take the night off and ENJOY!
28 If you can dream it, you can do it!	29 Water check. Add a little fruit if needed.	30 Check into our PowerStarters group.	31 Take a brisk walk!			