

Your '21 Days of Movement' Challenge

Purpose:

The purpose of this challenge is to help you focus on your movement and embedding good exercise habits into your life, even when you're not in the mood.

Outcome:

You finish the month feeling strong, fit and healthy with a good exercise routine.

Details:

By the end of the 30 days, I want you to feel like you're in control of your exercise. Use this month to really embed good exercise habits. When you're tired, slow down, when you're not in the mood, train yourself to do it anyway, when you can't workout, go for a walk.

Instructions:

1. Workout or walk or cycle or swim.. Move your body for a minimum of 21 days in a month for at least 30 minutes.
2. Use your 'Movement planner' calendar to track your days (in Resources)
3. Put your Myzone belt on and watch the MEP's all add up.