

# Spring Clean Your Fitness Routine!

Spring cleaning isn't just for closets....it's a great idea for your fitness/wellness routine too! Kick start your metabolism and renew your fitness workout! Visit [www.beachcitiesgym.com/challenge](http://www.beachcitiesgym.com/challenge) for more information on these exercises.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>Have an accountability buddy.</b> Check in with a friend and commit to your exercise goals
2	3	4	5	6	7	8
Want to improve your cardiovascular fitness? Per the American College of Sports Medicine, 10 minute bouts of exercise per day is a good place to start!	<b>Try a new class.</b> CHF offers 'LIVE' virtual group exercise classes and a FREE exercise library. Click <a href="#">here</a> .	Improve your mobility with this quick <a href="#">video</a> !	Try a Mat Pilates class with our new outdoor programming. We offer IN PERSON Mat Pilates on Mon. at 11am and Wed. at 9:30am. Or if you prefer to stay virtual we have classes offered Tuesday-Friday. Learn more at <a href="http://beachcitiesgym.com">beachcitiesgym.com</a> .	<b>Wellness Tip:</b> Take a moment to tap into that "rest & digest" parasympathetic nervous system and <a href="#">give yourself a breather today!</a>	<b>This Not That:</b> Want a healthy swap for down time on the couch? Put in 5-10 minutes with this <a href="#">full-body myofascial reset</a> .	<b>Stretch Out.</b> Warm up with a light cardio activity for 10 minutes, then work in some dynamic stretching. Click <a href="#">here</a> .
9	10	11	12	13	14	15
Update your eating habits by eating Farm to Table. Shop for fresh fruits and veggies. Include a source of protein: fish or lean meat.	To build strength, 6-8 reps of an exercise at a very slow pace. For an extra challenge complete the exercise under a minute but the last rep ends at the 60 second mark.	Make it a movement goal to strive for 150 minutes of moderate intensity to vigorous physical activity (MVPA) per week! Not sure how to get there? Email us at <a href="mailto:chfnews@bchd.org">chfnews@bchd.org</a> for info on personal training.	Work on improving your balance! Click <a href="#">link</a> to balance class.	Add strength training into the mix! If you're used to working out on cardio machines only... try to lift some light weight too. Simply start by adding 15 minutes of body weight exercises - wall squats (10 reps), planks (20 seconds) and pushups (10 reps).	Give yourself an active rest day with this <a href="#">vinyasa flow yoga class!</a>	Change up your intervals.
16	17	18	19	20	21	22
<b>Wellness Tip:</b> Take a Mindful Moment and practice the 4 C's of stress management: Avoid unnecessary stress, Alter the situation, Adapt to the stressor, and Accept the things that you cannot change.	Are you feeling ready for a challenge? In 30 seconds, with excellent form (see <a href="#">video</a> for an instructional), see how many burpees you can do!	<b>Recovery Tip:</b> Looking to release tension in your neck, shoulders, and back? Give these <a href="#">self-massage</a> tricks a shot!	<b>Nutrition Tip:</b> "Every time that you eat or drink, you are either feeding disease or fighting it."	Leave an hour gap before you sleep to not eat anything. This will help the body recycle the toxic and bad cells when you sleep.	Build some lower body endurance with this <a href="#">exercise</a> that uses your own bodyweight!	<b>Stay Hydrated.</b> The more you sweat the more fluids you need to replace. So drink up after your workout routine. ACE Fitness recommends drinking about two liters of water a day to avoid muscle cramping and fatigue.
23	24	25	26	27	28	29
Take a Small Group Training Class or hire a Personal Trainer to learn how to safely meet your fitness goals. Learn more at <a href="http://beachcitiesgym.com">beachcitiesgym.com</a>	Are you a #DeskBoundWarrior or #WFH Athlete? Try this <a href="#">seated mobility flow</a> for a movement snack in your day!	<b>Nutrition Tip:</b> Minimize sugar consumption to < 25mg / day to significantly decrease high blood pressure, atherosclerosis, nerve damage, heart disease, and stroke.	Ready to put your balance to the test? Test to see where your <a href="#">single leg stance</a> is at!	Build some strength while improving your cardiovascular fitness with this <a href="#">4x4 workout!</a>	Feeling restricted in your upper traps or with your head and neck? Click <a href="#">away</a> to help alleviate some of that tightness.	Looking to bulletproof your shoulders? Give these <a href="#">exercises</a> a shot!
30	31					
<b>This Not That:</b> Experiencing tightness in your spine? Give this <a href="#">exercise</a> a shot!	<b>Recovery Tip:</b> If you want to train like a champion, you need to recover like one too! Aim for 7-8 hours of sleep tonight!					



A Beach Cities Health District Program