



# Marching INTO Spring



Knock off one square a day, or two a day on the weekends!

Choose something off of the accompanying lists under the categories to complete! You can do things off the lists more than once.

Post about it in the group so we can support and celebrate each other!


Choose something off of these lists, or think of something that fits - but share your addition with the group so we can add it too!



## Self-care

- Set a goal for yourself this month
- Come up with a mantra for this month
- Go online and find 10 quotes that inspire you, save them
- Set an alert and do 10 deep breaths at the top of every hour
- Get inspired by reading success stories
- Vow to banish negative body talk with your friends
- Unplug from tech for four+ hours
- Go for a walk outside in silence
- Have an outside socially distanced visit with a friend or family member
- Walk by water
- Write down five things you are grateful for
- Smile at yourself every time you see your reflection



## Nutrition

- Find a new recipe and make it
- Have a veggie or fruit snack between lunch and dinner
- Look up the nutritional info for your favourite eat-out place, find a healthier option
- Fruit and/or veggies with every meal and snack today
- Dust off a kitchen tool or appliance you rarely use and make something using it
- Make today's dinner meatless
- Try a new food
- Use 1/2 as much dressing, sauce, peanut butter as you normally do today
- Drink a glass of water with each meal
- Eat breakfast within an hour of waking



## Wild card & Misc.

- Pick something from any category
- Create a special space at home for movement
- Tidy something in your kitchen
- Start an inspiration board on Pinterest (make it private if you like)
- If you don't have one, find a water bottle or cup you love, buy it and use it
- Put non-perishable, healthy (healthier) snacks in your glove box or purse
- Put a quote that inspires you as the wallpaper on your phone
- Learn something new
- Be creative
- Plant some seeds

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## Heart pumping

- Walk for 10+ minutes
- Play a sport you enjoy
- Put on your favourite song and dance to it
- Go for a ride - bike or horse!
- Do 20 jumping jacks (or side taps)
- Do an on demand Zumba or STRONG Nation
- Come to a live Zumba Class
- Come to a live STRONG Nation class
- Do this circuit 1 - 3 times: 20 high knees, 20 jumping jacks or side taps, pretend you are jumping rope for 20 counts
- Easy jog or faster walk to the mailbox and back
- Park farther away from the entrance

*Some is good, more is better,  
everything counts.*



## Strong body

*Challenge yourself; you are stronger  
than you think!*

- Find something heavy in your house and lift it 5 times, then say "I am STRONG!"
- Do 10+ squats
- Do 8 pushups on the wall, your knees, or your toes
- Hold a plank (knees or toes) for as long as you can
- Do 20 high knees or mountain climbers before each meal
- Find some cans or dumbbells and do 10 biceps curls, slow up, slow down
- Do a Barre or STRONG Nation class

*Listen to your body - your best is  
always good enough even if it is less  
than what it says here.  
Be proud and check it off!*



## Stretch & Centre

- Do some feel-good yoga poses
- Come to a Stretch & Mobility class
- Every hour when you are at the computer, pause to stand and stretch
- Put on a song and stretch until the song is over
- Take a yoga class (great options on YouTube!)
- Set a timer for 2- 3 minutes. In a comfortable seated or laying down position, focus on your breath until the timer goes off
- Download a meditation app or use the Relax feature on your smart watch
- Do Sun Salutations before breakfast
- Use a massage ball or myofascial roller on tight areas of your body

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