

MAY FITNESS CHALLENGE

Improve Emotional Wellbeing

Part I - Mindful Habit Change:

3 Things That Make Me Feel Good	3 Things That Bring Me Down

This month, I'm going to do more of what makes me feel good and less that brings me down.

More of This - The Good Stuff	Less of This - The Negative Stuff

Part II - Physical Activity DAILY:

1-May		17-May	
2-May		18-May	
3-May		19-May	
4-May		20-May	
5-May		21-May	
6-May		22-May	
7-May		23-May	
8-May		24-May	
9-May		25-May	
10-May		26-May	
11-May		27-May	
12-May		28-May	
13-May		29-May	
14-May		30-May	
15-May		31-May	
16-May			

Part III (optional) - Book Discussion (Maybe Discuss on Memorial Day?):

Spark: The Revolutionary New Science of Exercise and the Brain

John J. Ratey, M.D., Harvard Psychiatrist, embarks upon a fascinating and entertaining journey through the mind-body connection, presenting startling research to prove that exercise is truly our best defense against everything from depression to ADD to addiction to aggression to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, which has put this school district of 19,000 kids first in the world of science test scores).