

# KICK-START HEALTHY HABITS

## SEPTEMBER 2020 CHALLENGE

THE GREATEST WEALTH IS HEALTH.

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Clean out your fridge.	<b>2</b> Set goals & intentions for the month.	<b>3</b> Book your annual Health & Fitness assessment.	<b>4</b> Call a loved one just because.	<b>5</b> Register for a free trial class.
<b>6</b> Meal prep for the week.	<b>7</b> Go for a walk.	<b>8</b> Try a smoothie at the Heart Rock Café.	<b>9</b> Eat plant based foods for the day.	<b>10</b> Try a new piece of equipment at the gym.	<b>11</b> Read a book.	<b>12</b> Take the day off social media.
<b>13</b> Write down 3 things you're grateful for.	<b>14</b> Declutter your space.	<b>15</b> Meditate for 5 minutes.	<b>16</b> Make a bucket list, or revisit it.	<b>17</b> Try a new Reh-Fit group fitness class.	<b>18</b> Do something kind for someone.	<b>19</b> Go outside. Enjoy nature.
<b>20</b> Cook something new.	<b>21</b> Give a member a compliment.	<b>22</b> Book a Nutritional Consultation.	<b>23</b> Drink plenty of water.	<b>24</b> Participate in Throwback Thursday! (more details coming soon!)	<b>25</b> Pay it forward.	<b>26</b> Take time to stretch.
<b>27</b> Get 7-9 hours of sleep.	<b>28</b> Cut out sugar for the day.	<b>29</b> Relax and try HydroMassage. Ask Reception Desk for details.	<b>30</b> Congrats! You've made it - time to celebrate! Put on some good music & dance.  Please fill out your information and return your card to our Reception Desk.			

Re-Set  
Re-Focus  
Re-Start

with Reh-Fit

Join us for 30 days of healthy living! Cross off each day you complete. Stay tuned for updates and prizes along the way - both online and at the Centre.

At the end of the month, please fill out your information below and submit your challenge to our Reception Desk. You'll be entered in to win our grand prize!\*

\*Open to active members only.

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

I consent to Reh-Fit posting my challenge (personal information will not be included)

**REH-FIT**  
CENTRE