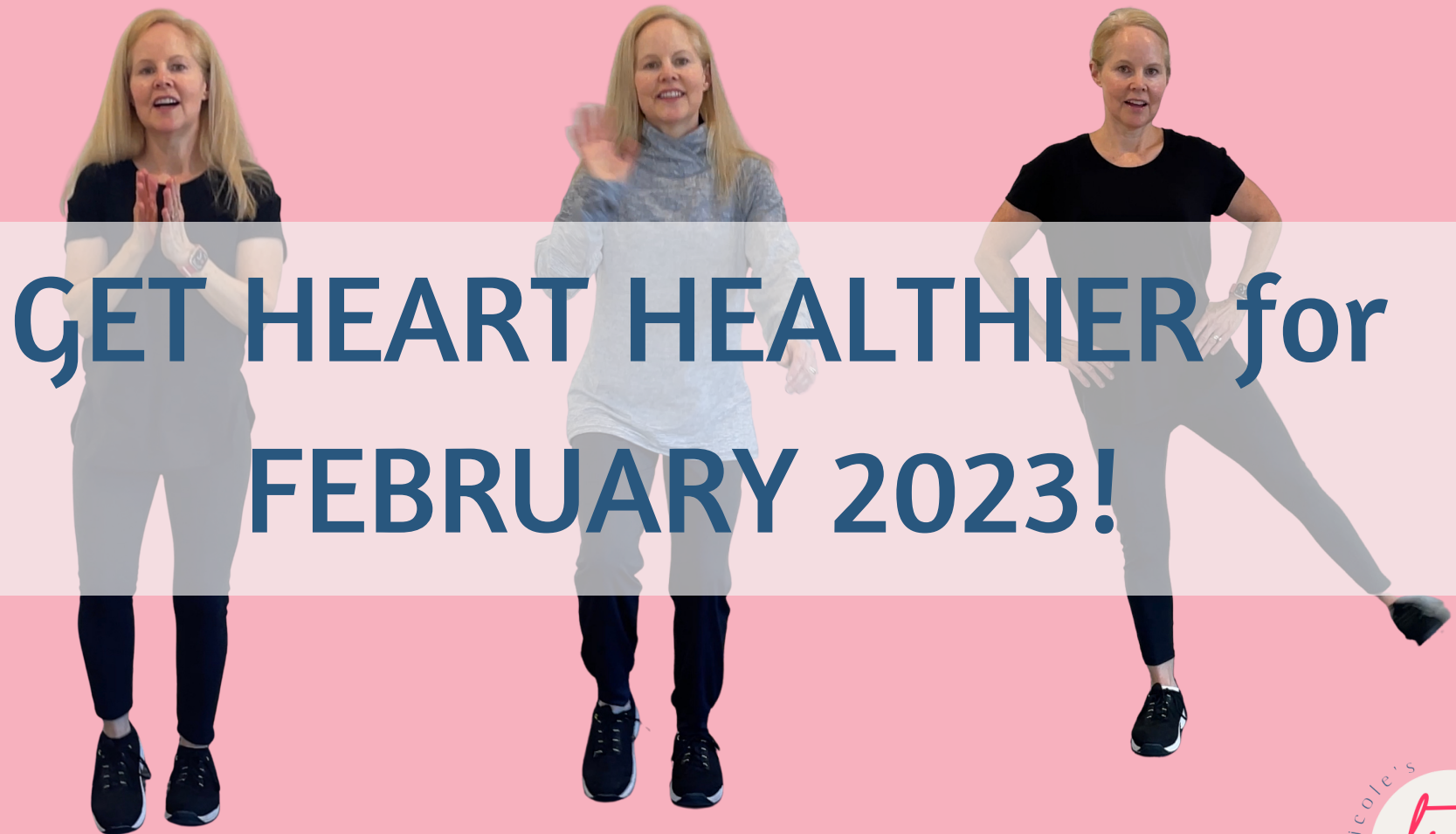


# 28-DAY **FREE** CHALLENGE



GET HEART HEALTHIER for  
FEBRUARY 2023!

Get fit, have fun, feel fantastic!



# FITNESS WORKOUTS

## 4 Week Challenge

FEBRUARY 2023

DAY / WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 01	30 MIN <u>WALK</u>	ABS <u>TONE</u>	20 MIN <u>WALK</u>	ARMS <u>TONE</u>	25 MIN <u>WALK</u>	LEGS <u>TONE</u>	<u>STRETCH</u>
WEEK 02	30 MIN <u>WALK</u>	ABS <u>TONE</u>	30 MIN <u>WALK</u>	ARMS <u>TONE</u>	25 MIN <u>WALK</u>	LEGS <u>TONE</u>	20 MIN <u>WALK</u>
WEEK 03	30 MIN <u>WALK</u>	ABS <u>TONE</u>	25 MIN <u>WALK</u>	ARMS <u>TONE</u>	20 MIN <u>WALK</u>	LEGS <u>TONE</u>	<u>STRETCH</u>
WEEK 04	25 MIN <u>WALK</u>	ABS <u>TONE</u>	25 MIN <u>WALK</u>	ARMS <u>TONE</u>	20 MIN <u>WALK</u>	LEGS <u>TONE</u>	30 MIN <u>WALK</u>

# Get **HEART** Healthier this February

## 4 Week Fitness Challenge

This free challenge is a 4-week workout plan for you to get your heart healthier through working out during the "Heart Month" of February. Typically thought of as a month for lovers (think Valentine's Day), this month has also transformed into a month for focusing on heart health.

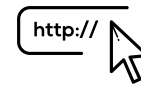
**Heart disease is the number one leading cause of death for women** in the US.\* While I am not a doctor and therefore am unable to provide medical advice, there are some generalities that are very helpful to consider. For instance, you need:

- ♥ consistent daily exercise (like these workouts) - include cardio (high and low intensity), strength training and stretching as part of your weekly routine.
- ♥ quality sleep
- ♥ proper nutrition and hydration
- ♥ to lower your stress levels
- ♥ to have your cholesterol and blood pressure checked by your doctor

Heart disease is the leading cause of death for both men and women in the United States. It is also one of the most preventable.\*

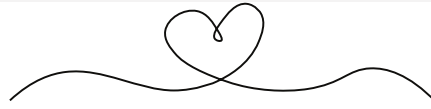
\*The Heart Foundation, *Heart Disease Facts*, © 2022

## CONNECT WITH ME!



# Get **HEART Healthier** this February!

## 4 Week Fitness Challenge



To workout with me, click on the underlined workout for the day- it will take you to that particular workout on YouTube.

Some of these workouts are quick; some are longer; all are designed to be effective. There are low impact, low intensity, steady state cardio workouts that tone your whole body. On other days there are more targeted, toning workouts for your abs, arms, and legs. These workouts are specifically created for women over 50 - but they're perfect for men and beginners, too!

If you want to increase the calorie and fat-burning, add weights! My favorite weight sets are:

### **Adjustable weights:**

<https://amzn.to/3rT2rrD>

### **Wrist weights:**

<https://amzn.to/3gDcH4Q>

\*As an Amazon Associate I earn from qualifying purchases. I always recommend products I know/love/use.

Be consistent with the workouts and follow the plan. Please "LIKE" the videos and SUBSCRIBE to my channel if you haven't already! That really helps me! Thank you!

# CONNECT WITH ME!

