

30-day Challenge Ideas Month of July

For the month of July, here are four ideas for a 30-day challenge from which you can decide which is best suited for you. If by chance you like them all, you can do a different one every week; or pick two and do each for two weeks. Sometimes facing a challenge in small increments can help with success. If you do try any and would like to share, I would love to hear from you! As a reminder, I am always here to offer support whenever you need a boost!

1. Give up soda for the month
2. If you currently eat out for lunch, add at least one day a week where you pack your lunch for work.
3. Drink eight glasses of water a day.
4. Incorporate a weight-bearing exercise at least twice a week to help strengthen bones (brisk walking, weight lifting, climbing stairs, dancing, jumping rope, jumping jacks)*

* If new to exercise or if you know you have low bone density, consult with your physician before starting or adding any new exercises to your workout.