

LOVE YOUR BODY CHALLENGE

FEBRUARY 1 - FEBRUARY 28



How it works:

1. For each day in the month of February fill out one way you are going to move your body and one way you are going to love your body from the suggestions below.
Your plan can be as unique as you are!
2. Actually do what you map out!
3. Turn in your board at the end of the month for a chance to win a \$100 Tone Barre Gift Card

Move Your Body

Tone Barre Class
Another Workout Class
Go for a run
Stretch
Spend 20 minutes outside
Go for a walk
Ride a bike
Garden
Housework dance party
Lunges while folding laundry
Squat as you load and unload the dishwasher

Love Your Body

Get 7-9 hours of sleep
Drink 8 glasses of water
Eat 2-2.5 cups of vegetables
Clean and fill your fridge with fresh food
Meal Prep
Take A Bubble Bath
Get a Message
Do a face mask
Roll on a tennis ball or foam roller
Get a mani/pedi
Give yourself a mani/pedi
Acupuncture
Schedule a doctor or dentist appointment you've been putting off
Meditate
Develop a bedtime routine
Celebrate a win no matter how big or small
Practice the art of saying no
Reach out to a friend or family member you haven't talked to or seen in a while
Girl Time
Forgive Yourself
Go have fun...do something you enjoy
Be of service...volunteer
Do something from our community Love Your Body board in the studio