

# JULY: EASY FITNESS HACKS

#flavorfulfitness

M	Tu	W	Th	Fr	Sa/Su
	Spice up your fitness!	1 Do 10 squats at your desk every hour	2 Take a stroll for your 1-on-1 meeting	3 Stretch in bed 	4 Relax, have a great weekend!
6 Get off the train one stop early 	7 Foam roll while watching your favorite TV show	8 Do deep lunges while walking	9 Schedule a fitness date 	10 Make a playlist with pump-up songs for the last mile 	11 You rock!
13 Take the stairs instead of the elevator	14 Fit in a mini-workout during a commercial break 	15 Try pranayama breathing Breath of fire	16 Do squats while folding clothes	17 Hold a wall sit while taking a call	18 Treat yo'self! 
20 Challenge a coworker to a plank contest 	21 Take a fitness break instead of a snack break	22 Add calf stretches to your morning routine	23 Do tricep dips on the tub before a shower	24 Try standing at your desk most of the day 	25 Soak up the sun!
27 Rock a solo dance party before bed 	28 Drink 8 oz. of water every hour 	29 Meditate right when you wake up	30 Try the monkey bars at the playground 	31 Squeeze your core during your commute	26 #greatist

## NOTES

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