



HEALTHY HABITS PROGRAM

JUNE'S GOAL

GET STRONGER!

STRENGTH TRAINING IS IMPORTANT. HERE WE MAKE IT EASY, TOO.

TRACKING SHEET

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Notes: _____

HELPFUL TIPS

- For June's Healthy Habits goal, we're challenging you to add strength training to your fitness regimen at least two times per week.
- Why strength train? Lean muscle burns calories more efficiently than fat, even when your body is at rest. Strength training is also important for reducing the risk, the symptoms, and the progression of chronic conditions such as arthritis and osteoporosis.
- Any time you're on the phone or taking a break, squeeze in some squats. Stand with your feet shoulder-width apart. Slowly squat down, as if you're sitting, and stand back up. Do as many squats as you can, being sure your knees never go past your toes.
- Eggs are a great strength-training food. They're one of the highest-quality protein sources around because they contain all the necessary amino acid building blocks for healthy muscles.
- Try a variation on the basic abdominal crunch: Do your basic crunches with one leg straight and one leg bent. Keeping one leg straight relieves pressure on the back. Simply do half of your crunches with one leg straight and one leg bent, and then switch legs for the second half.
- Switch up your routine on the first of every month, especially if you're seeing results. Set a calendar reminder on your smart phone or computer so you don't let it slip your mind.