



FITNESS CHALLENGE



DAY 1

- Recipe:** Breakfast smoothie
- Exercise:** 30-minute walk
- Journal Prompt:** My favorite time of year is _____.

DAY 3

- Recipe:** Greek yogurt dill dip
- Exercise:** Yoga poses. Cat/cow, then bird-dog on each side, followed by superman on your belly. Add 20 sit ups to finish.
- Journal Prompt:** The best day of my life was _____.

DAY 5

- Recipe:** Yogurt parfait
- Exercise:** Standing leg balance, move to Warrior III. Use chair if needed.
- Journal Prompt:** My favorite quote is _____.

DAY 7

- Recipe:** Fruit & veggie loaded wraps
- Exercise:** Try wall sits, how long can you hold it? Next is standing lunge, hold it right then left. Repeat x3.
- Journal Prompt:** If you had 3 wishes, what would they be?

DAY 2

- Recipe:** Easy homemade pizza
- Exercise:** Pushups (2x10), crunches (3x15). Use modifications as needed.
- Journal Prompt:** Be the change because _____.

DAY 4

- Recipe:** Fresh fruit salad
- Exercise:** Standing yoga poses: Warrior I into Warrior II, then back to Exalted Warrior. Hold for 3-5 breath cycles. Repeat on other side.
- Journal Prompt:** If I could live any place in the world, it would be _____.

DAY 6

- Recipe:** Mom's oil and vinegar salad
- Exercise:** Just dance! Move and flow to the music.
- Journal Prompt:** Stream of consciousness. Write anything that comes to mind!



DAY 1



Recipe: Breakfast Smoothie

1 1/2 c skim or almond milk
1 c frozen berries (any kind)
1/2 of a banana
1 scoop protein powder (optional)
6 ice cubes
2 tbs apple cider vinegar (optional)

Blend all ingredients together and enjoy!



Exercise: 30-minute walk

Split it up if you need to! You can walk 15 minutes in the morning and 15 minutes at night. You can even walk in place indoors. If you do choose to get out and walk in your neighborhood or a nearby trail, be sure to follow CDC guidelines regarding safe hygiene and social distancing measures.



Journal Prompt: My favorite time of year is _____ because _____.

DAY 2



Recipe: Easy healthy pizza

Whole wheat thin crust or pita
Fresh tomato sauce or sliced tomatoes
Sliced pepper
Mushrooms (don't add too many, as it adds moisture)
Add any other veggies you'd like!
Top with fresh grated cheese

Bake at 400 for 20 minutes or until the cheese is browning
Top with freshly chopped basil



Exercise: Pushups and crunches

Pushups-2 sets of 10. You can modify on your knees or using a wall.
Ab crunches-3 sets of 15. Knees can be bent or up in the air. You can modify by using a chair.



Journal Prompt: Be the change because _____.

DAY 3



Recipe: Greek yogurt dill dip

2 c Greek non-flavored yogurt
2 tbs chopped fresh dill
1 tsp onion powder
1.5 tsp garlic powder
4 tsp apple cider vinegar
Salt and pepper to taste

Blend together and put in fridge
Garnish with fresh dill

Serve with red, yellow and gold peppers, or any other veggies you enjoy.



Exercise: Yoga Poses

Cat/cow on your knees to warm up, followed by bird-dog on each side. Then superman on your belly. Finish with 20 sit-ups.



Journal Prompt: The best day of my life was _____.

DAY 4



Recipe: Fresh fruit salad

2 c cubed watermelon
1 c blueberries
1 c seedless grapes
2 c apples, cut up and tossed in lemon juice

Store in fridge



Exercise: Standing Yoga Poses

Begin with Warrior I. Move into Warrior II, then back to Exalted Warrior. Stay in the postures for 3 to 5 breath cycles. Repeat on both sides.

Also try our Beginner Yoga video, found on the City of Georgetown YouTube channel.



Journal Prompt: If I could live any place in the world, it would be _____.

DAY 5



Recipe: Yogurt parfait

1/2 c favorite yogurt, Greek has more protein and can be creamy
1/2 c frozen or fresh berries of any kind
1/2 c granola (choose one that does not have a lot of sugar)

Use glass and layer yogurt, fruit and granola



Exercise: Standing Leg Balance

Use a chair to help if you need it. Hold for 1 minute on each leg. Move into Warrior III with help from chair.



Journal Prompt: My favorite quote is _____.

DAY 6



Recipe: Mom's oil and vinegar salad

Start with any lettuce you like, washed and dried
Coat the lettuce with a light coating of extra virgin olive oil
Add salt and pepper to taste
Add balsamic vinegar, just enough to taste.
Add fresh grated parmesan or pecorino cheese (optional)



Exercise: Just dance! Move and flow to the music. Before you know, the time will have flown by.



Journal Prompt: Stream of consciousness. Start writing down anything that pops into your head. Just let it flow and see what comes out on the page.

DAY
7



Recipe: Vegetable and fruit loaded wraps

1/2 c cannellini beans or any white bean
1/4 c chopped apple (skin on or off)
1 small carrot, sliced
1/2 cucumber, diced
1 handful of baby spinach chopped
2 tbs lemon juice
3 tbs of extra virgin olive oil
1/4 tsp of salt
3-4 whole grain wraps

Combine ingredients and place in wrap



Exercise: Wall Sits/Lunges

Try wall sits, how long can you hold it? Move into a standing lunge. Hold it on the right then the left. Repeat 3 times each.



Journal Prompt: If you had three wishes what would they be?

Want more videos? Check out all of our #GTXRecAtHome virtual fitness videos and athletic challenges on the City of Georgetown YouTube channel.

Share your challenge with us!



@GTXParksandRec

