

JULY



ACTIVE AT HOME FOR TEENS & ADULTS

Click The Activities For Links To Their Videos And Resources



2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01 Holiday Canada Day	02 Mindful Movement: Mindful Walking	03 At Home Workout: Yoga with the Wall w/ Amy	04
05	06 At Home Workout: Cardio Kickboxing w/Mandy	07 Take 10 Tuesdays: Jumping Jacks	08 At Home Workout: Retro Dance Fitness w/Deb from BFFL Lac La Biche	09 Mindful Movement: Stretch Your Neck	10 At Home Workout: Morning Yoga w/ BFFL Lethbridge	11
12	13 At Home Workout: Booty Barre w/ BFFL Red Deer	14 Take 10 Tuesdays: Butt Kicks	15 At Home Workout: Lower Body & Core Workout w/ Deb from BFFL Lac La Biche	16 Mindful Movement: Observing & Reflecting	17 At Home Workout: Sun Salutation Modifications w/Amy	18
19	20 At Home Workout: Fun& Fitness w/ Dragana	21 Take 10 Tuesdays: Planks	22 At Home Workout: HIIT Cardio Blast w/ Deb from BFFL Lac La Biche	23 Mindful Movement: Stretch Your Forearms	24 At Home Workout: Yoga for Office Professionals w/ BFFL Lethbridge	25
26	27 At Home Workout: Floor Workout w/ Deb from BFFL Lac La Biche	28 Take 10 Tuesdays: Lunges	29 At Home Workout: Tuck, Tighten & Tone w/ Erynn	30 Mindful Movement: Breath of Joy	31 At Home Workout: Yoga at Home w/ Carla (Yin Postures)	

Be Fit w/your Kid

Wellness Tracker

ParticipACTION app

Would You Rather



www.befitforlife.ca/activeathome

www.mhc.ab.ca/BFFL

