

AUGUST



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
02	03 Holiday	04 Take 10 Tuesdays: Side Planks	05 At Home Workout: Fun & Fitness w/ Erynn	06 Mindful Movement: Stretch Your Spine	07 At Home Workout: Gentle Hatha Yoga Flow w/ Mandy	08
09	10 Full Body Workout w/Gina	11 Take 10 Tuesdays: Squat Jumps	12 At Home Workout: Small Ball Floor Workout w/ Deb from BFFL Lac La Biche	13 Mindful Movement: Floating Arms	14 At Home Workout: Yoga w/ Erin	15
16	17 At Home Workout: Step Aerobics w/ Deb from BFFL Lac La Biche	18 Take 10 Tuesdays: Russian Twists	19 At Home Workout: Fun & Fitness w/ Dragana 2	20 Mindful Movement: Stretch Your Legs	21 At Home Workout: Yoga with a Chair w/ Amy	22
23	24 At Home Workout: Tuck, Tighten & Tone 2 w/ Erynn	25 Take 10 Tuesdays: High Knees	26 Warming Up for Daily Life: Balance & Bands w/Deb from BFFL Lac La Biche	27 Mindful Movement: Guided Meditation w/ Carla	28 At Home Workout: Yoga for Runners: Hips & Hamstrings w/ BFFL Lethbridge	29
30	31 At Home Workout: More Retro Dance Fitness w/ Deb from BFFL Lac La Biche					



At Home Workouts

Stretch At Your Desk

Movement Breaks

Meal Planner

www.befitforlife.ca/activeathome

www.mhc.ab.ca/BFFL

