

(month)



ACTIVE EVERYDAY FOR TEENS & ADULTS



(year)

Click The Activities For Links To Their Videos And Resources

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Workout: Cardio Kickboxing w/Mandy	Take 10 Tuesdays: Jumping Jacks	Workout: Retro Dance Fitness w/Deb from BFFL Lac La Biche	Mindful Movement: Mindful Walking	Workout: Yoga with the Wall w/ Amy	
	Workout: Booty Barre w/ BFFL Red Deer	Take 10 Tuesdays: Butt Kicks	Workout: Lower Body & Core Workout w/ Deb from BFFL Lac La Biche	Mindful Movement: Observing & Reflecting	Workout: Sun Salutation Modifications w/Amy	
	Workout: Fun& Fitness w/ Dragana	Take 10 Tuesdays: Planks	Workout: HIIT Cardio Blast w/ Deb from BFFL Lac La Biche	Mindful Movement: Stretch Your Forearms	Workout: Yoga for Office Professionals w/ BFFL Lethbridge	
	Workout: Floor Workout w/ Deb from BFFL Lac La Biche	Take 10 Tuesdays: Lunges	Workout: Tuck, Tighten & Tone w/ Erynn	Mindful Movement: Breath of Joy	Workout: Yoga at Home w/ Carla (Yin Postures)	

Be Fit w/your Kid

Wellness Tracker

ParticipACTION app

Would You Rather



www.befitforlife.ca/resources

www.mhc.ab.ca/BFFL

