

(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: More Retro Dance Fitness w/ Deb from BFFL Lac La Biche	Take 10 Tuesdays: Side Planks	Workout: Fun & Fitness w/ Erynn	Mindful Movement: Stretch Your Spine	Workout: Gentle Hatha Yoga Flow w/ Mandy	
	Workout: Full Body Workout w/Gina	Take 10 Tuesdays: Squat Jumps	Workout: Small Ball Floor Workout w/ Deb from BFFL Lac La Biche	Mindful Movement: Floating Arms	Workout: Yoga w/ Erin	
	Workout: Step Aerobics w/ Deb from BFFL Lac La Biche	Take 10 Tuesdays: Russian Twists	Workout: Fun & Fitness w/ Dragana 2	Mindful Movement: Stretch Your Legs	Workout: Yoga with a Chair w/ Amy	
	Workout: Tuck, Tighten & Tone 2 w/ Erynn	Take 10 Tuesdays: High Knees	Warming Up for Daily Life: Balance & Bands w/Deb from BFFL Lac La Biche	Mindful Movement: Guided Meditation w/ Carla	Workout: Yoga for Runners: Hips & Hamstrings w/ BFFL Lethbridge	

At Home Workouts

Stretch At Your Desk

Movement Breaks

Meal Planner



www.befitforlife.ca/resources

www.mhc.ab.ca/BFFL

