

SUMMER FITNESS CHALLENGE

At Integrative Nutrition, we teach that there's no one-size-fits-all-diet, and the same is true of exercise! This summer, try our 7-day Fitness Challenge to find which workout makes you feel your best.

DAY 1 HIT THE GROUND RUNNING

Running outdoors is a summertime favorite! A high-intensity aerobic workout, running can effectively burn calories, relieve stress and increase focus. **For today's challenge, try running or jogging for 20-30 minutes.**

Newbie tip: Totally new to running? Try a 30-minute power walk with 30-45 seconds of jogging every five minutes.

DAY 2 STRONG IN BODY, STRONG IN MIND

Strength training isn't just for body builders! Lifting weights can tone muscles, strengthen bones, lower blood pressure, and boost your mood. This simple exercise works the quadriceps, hamstrings, glutes, abs, and shoulders! **Stand with feet shoulder-width apart, elbows bent, palms forward with a 5-pound weight in each hand at shoulder height. Lower into a forward-step lunge, keeping your knee aligned with your foot; hold for a moment. Push through heels to standing position, pressing weights overhead. Return to starting position. Do 3 sets of 15 reps, alternating legs for each rep.**

DAY 3 SAY "OM" & CHANNEL YOUR INNER YOGI

Yoga is an effective exercise to lengthen muscles, increase flexibility and find ones center. Whether you're an established yogi or just starting your practice, there are many amazing yoga apps and resources for free. **Start your morning with a 20-minute practice and see how you feel.** We recommend looking up IIN Visiting Teacher Tara Stiles on YouTube. Namaste!

DAY 4 TAKE THE PLUNGE

What better way to cool off on a hot day than by taking a dip in the pool?

Swimming is an amazing low-impact form of exercise that builds endurance and strengthens muscles. Plus, it's incredibly meditative to spend quiet time underwater! Today head to your local pool or YMCA for a 30-minute swim. **Try 10-minute intervals of different strokes - we recommend freestyle, breaststroke and backstroke.**

DAY 5 STRENGTHEN YOUR CORE

All fitness experts agree on the importance of core stability, which is essential to performance and injury prevention. A basic but challenging pose is the plank. It's a full-body strengthening exercise with particular focus on your abs. **For today's challenge, try holding the plank position for 1 minute, then rest for 30 seconds. Repeat this cycle 5 times (or as many times as you can!)**

DAY 6 IT'S LIKE RIDING A BIKE

Cycling is a low-impact aerobic exercise that builds strength, burns calories, and increases stamina. Taken outdoors, cycling allows you to travel considerable distances and explore new areas, all while exercising!

For today's challenge, cycle at 5 to 9 mph for 30 minutes.

Practical tip: If possible, why not replace your regular commute to work with a bike ride? You have to go there anyway! And remember - don't forget to wear a helmet.

DAY 7 TRY SOMETHING NEW & HAVE FUN!

It's easy to forget that exercise should be fun! Learning a new activity can help revive your workout regimen. **For today's challenge, try something you've always been curious about but never had the chance.**

Pilates reformer? Bootcamp? Zumba? Get out of your comfort zone and see what happens!

Remember, exercise isn't all or nothing - *wherever you are is perfect.* It's all about having fun, setting goals, and celebrating improvement over time. Find what works for you - *something that you actually enjoy doing* - and you'll be able to stick with it in the long run!

Have a friend or family member who would enjoy this challenge? Tweet it with #IINfitnesschallenge and spread the word!

*Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.