

# Be Healthy Enough Monthly Workout Calendar

Losing Weight Over 50 – Level 1

April 2021

Click on the day and it will take your right to the video

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>April Fools</b><sup>1</sup>  <a href="#">Abs First Full Body Workout</a> </div>	<sup>2</sup> <a href="#">Full Body Foam Roll</a>	<sup>3</sup> <a href="#">30 Min Low Impact Turbo 20</a>
<sup>4</sup> REST	<sup>5</sup> <a href="#">30 Min Build Total Body Strength</a>	<sup>6</sup> <a href="#">Strengthen that Pelvic Floor</a>	<sup>7</sup> <a href="#">20 Min Low Impact HIIT</a>	<sup>8</sup> <a href="#">Healthy Feet</a>	<sup>9</sup> <a href="#">15 Minute Cardio and Tone</a>	<sup>10</sup> <a href="#">30 Min Posture Reset</a>
<sup>11</sup> REST	<sup>12</sup> <a href="#">Strength Basics</a>	<sup>13</sup> <a href="#">Yoga Stretch</a>	<sup>14</sup> <a href="#">30 Min Low Impact Turbo 20</a>	<sup>15</sup> <a href="#">Tank Top Arms</a>	<sup>16</sup> <a href="#">Full Body Foam Roll</a>	<sup>17</sup> <a href="#">30 Min Little Ball Cardio and Core</a>
<sup>18</sup> REST	<sup>19</sup> <a href="#">30 Min Build Total Body Strength</a>	<sup>20</sup> <a href="#">Wrist Health Workout</a>	<sup>21</sup> <a href="#">20 Min Low Impact HIIT</a>	<sup>22</sup> <a href="#">Healthy Feet</a>	<sup>23</sup> <a href="#">15 Minute Cardio and Tone</a>	<sup>24</sup> <a href="#">Strengthen that Pelvic Floor</a>
<sup>25</sup> REST	<sup>26</sup> <a href="#">Strength Basics</a>	<sup>27</sup> <a href="#">Yoga Stretch</a>	<sup>28</sup> <a href="#">30 Min Low Impact Turbo 20</a>	<sup>29</sup> <a href="#">Tank Top Arms</a>	<sup>30</sup> <a href="#">Full Body Foam Roll</a>	
						