



PHYSICAL THERAPY  
- & -  
INJURY SPECIALISTS

*Staying Active for WORK. SPORT. LIFE.*

303-757-1554

# 30 day Functional Fitness Challenge

~ August 2013 ~

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			DRINK 8 Glasses of water EVERYDAY!	1 Functional Fitness exercises - 5 reps of each exercise (see website for list)	2 Take a 15 minute walk around your neighborhood	3 Add one rep to each of the exercises
4 Go to a park and walk in the grass	5 Add one more rep to each exercise  *PTIS Tai Chi class at 5 pm	6 Pull weeds in your garden or yard	7 Add one more rep to each exercise	8 Go to your local pool and swim or walk in the water	9 Add two more reps to each exercise	10 Go to a Farmers Market and buy local produce
11 Do 2 sets of six reps for each exercise	12 Wash windows or sweep your sidewalk  *PTIS Tai Chi class at 5 pm	13 Walk your dog or take a walk with a friend	14 Do 2 sets of 7 reps of each exercise	15 Walk around an outdoor mall	16 Do 2 sets of 8 of each exercise	17 RELAX!
18 Do 2 sets of 10 of each exercise	19 Take a walk around a lake  *PTIS Tai Chi class at 5 pm	20 Do 3 sets of 4 reps of each exercise	21 Go for a bike ride	22 Do 3 sets of 5 reps of each exercise	23 Take a gentle yoga class	24 Do 3 sets of 6 reps of each exercise
25 RELAX! Read the newspaper on the porch	26 3 sets of 7 reps of each exercise * PTIS Balance class at 1 pm *PTIS Tai Chi class at 5 pm	27 Go for a walk at sunset	28 Do 3 sets of 8 reps of each exercise	29 Find a new recipe that uses no processed items	30 Do 3 sets of 10 of each exercise  YOU MADE IT!	31 RELAX!