

# March Fitness Challenge

# Pick Your Workout



Challenge yourself this month with our 'Pick Your Workout' challenge! Choose from our cardio Step Challenge, Maintain - Don't Gain, or Commit to Exercising 5 Days a Week. We have something for everyone. This is a personal challenge so no tracking documents are needed, but you can still make it a rewarding experience. Focus on setting clear goals, creating a plan of action and staying committed to your challenge. Start today and let's crush those fitness goals together!

## Choose your favorite workout:

### Challenge 1: Step Challenge



Your goal would be to accomplish 7,000 steps 5 days/week)... we can list a few items like yoga, pilates, weight training for steps reference and offer a link online to a conversion chart

### Challenge 2: Maintain...Don't gain this month



Must be weighed at the start/end of the challenge

### Challenge 3: Exercise 5 days/week



We'll track your swipes at the front desk

Remember, the most important aspect of a personal challenge is the journey itself. Enjoy the process of growth, learning and self-discovery as you embark on your challenge. Good Luck!

### Conversion Chart Activities:

Fitness Class low impact 152 steps/minute  
Fitness Class high impact 212 steps/minute  
Gardening 131 steps/minute  
Golfing 122 steps/minute  
Hiking 172 steps/minute  
Pilates 99 steps/minute  
Rowing machine moderate 111 steps/minute  
Cycling Class 240 steps/minute  
Weight lifting 133 steps/minute  
Yoga 89 steps/minute

Visit [www.beachcitiesgym.com/challenge](http://www.beachcitiesgym.com/challenge) for more information on these exercises.