

# October 2025

## Fall Into Fitness

Keep your workouts going strong this October with weekly add-on exercises, and look for a new wellness tip every Wednesday to help you build healthy habits that last beyond the season.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>WELLNESS TIP 1 WEDNESDAY</b>  Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.	<b>2</b> 10 arm circles, 10 knee raises	<b>3</b> 10 chair squats, 10 side twists	<b>4</b> 12 arm circles, 12 knee raises
<b>5</b> 12 chair squats, 12 side twists	<b>6</b> 14 arm circles, 14 knee raises	<b>7</b> 14 chair squats, 14 side twists	<b>WELLNESS TIP 8 WEDNESDAY</b>  Stay hydrated. Aim to drink at least eight glasses of water throughout the day.	<b>9</b> 16 arm circles, 16 knee raises	<b>10</b> 16 chair squats, 16 side twists	<b>11</b> 18 arm circles, 18 knee raises
<b>12</b> 18 chair squats, 18 side twists	<b>13</b> 20 arm circles, 20 knee raises	<b>14</b> 20 chair squats, 20 side twists	<b>15</b> <b>WELLNESS TIP 15 WEDNESDAY</b>  Get your flu shot and yearly check-up.	<b>16</b> 22 arm circles, 22 knee raises	<b>17</b> 22 chair squats, 22 side twists	<b>18</b> 24 arm circles, 24 knee raises
<b>19</b> 24 chair squats, 24 side twists	<b>20</b> 26 arm circles, 26 knee raises	<b>21</b> 26 chair squats, 26 side twists	<b>WELLNESS TIP 22 WEDNESDAY</b>  Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change...	<b>23</b> 28 arm circles 28 knee raises	<b>24</b> 28 chair squats, 28 side twists	<b>25</b> 30 arm circles, 30 knee raises
<b>26</b> 30 chair squats, 30 side twists	<b>27</b> 32 arm circles, 32 knee raises	<b>28</b> 32 chair squats, 32 side twists	<b>WELLNESS TIP 29 WEDNESDAY</b>  Be kind to yourself. Listen to your body and give it what it needs.	<b>30</b> 34 arm circles, 34 knee raises	<b>31</b> 34 chair squats, 34 side twists	

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



A Beach Cities Health District Program