



Heart Healthy Circuit Workout

Just in time for Valentine's Day!

Progressive Workout!

Start with the first exercise and add one more on each round.

Round

- | | |
|-----------------|--|
| 1 Ex. 1 | 5 Burpees |
| 2 Ex. 1---2 | 10 Push Ups |
| 3 Ex. 1-----3 | 15 Band or Dumbbell Rows |
| 4 Ex. 1-----4 | 20 Squats |
| 5 Ex. 1-----5 | 25 Sit Ups |
| 6 Ex. 1-----6 | 30 Walking Lunges <i>(15 ea. leg)</i> |
| 7 Ex. 1-----7 | 35 Jumping Jacks |
| 8 Ex. 1-----8 | 40 Scissor Kicks |
| 9 Ex. 1-----9 | 45 Lateral bounds |
| 10 Ex. 1-----10 | 50 Mountain Climbers |



Sign up for the monthly newsletter at livingleannow.com to enjoy more FREE downloadable featured recipes, activity games and lifestyle challenges!

Deck of Cards *workout*



SQUATS



**1 Minute
PLANK**



PUSH UPS



**ALT. LUNGES
10X EA. LEG**



**PULL UP
or
ROWS**



10 SUPERMANS



CRUNCHES



**10 GLUTE
BRIDGES**



How to play

- Get a deck of cards.
- Shuffle the deck & place it on the floor face down.
- Set a timer for how long you want to work out.
- When the timer starts, begin turning over each card starting with the top card.
- Complete the coordinating suit exercise found on the front for the number of repetitions on the card drawn.
- Continue this same process until the timer rings.



This fun workout game is brought to you by livingleannow.com.

For more exercise ideas, visit us and sign up for the monthly newsletter.



GIVE THE GIFT OF GOOD HEALTH!

Create a personalized DIY gift card

and help your loved ones improve
health and fitness!



Visit us at livingleannow.com
for health coaching and
personal training gift ideas!

DIY Healthy gift card ideas on back...





We have created several ready-to-use gift cards!

Use them to give gifts of health and wellness!
Here are a few ideas from [livingleannow.com](https://www.livingleannow.com):


- Health Coaching Sessions
- Virtual Personal Training Package
- Pantry Makeover
- Meal Planning 101
- Wellness Check with Dr. Darci

*Have questions??
Please send us an email with a
special request*





Here are a few gift card ideas for
improving fitness:

- Go for a walk together
 - Try a new class at the gym together
 - Strength Training Program together
 - Sign up for a [dance class](#) or [boot camp](#)
 - Exercise app purchase
- 



Here are a few gift card ideas for
improving health:

- Make a healthy recipe together
- Help clean out the pantry
- Healthy food service for one month
- Help with healthy grocery shopping

See DIY gift cards below...



Christmas

gift

TO: _____ FROM: _____

FOR: _____

This voucher entitles the bearer to a gift of
better health and wellness!



voucher

Ho

Ho

Holiday



a special healthy and
fit gift for you!

A gift of:

To:

From:



Gift Certificate for your health

To:

From:

To be used for:

This entitles the bearer to enjoy the benefits of good health and wellness.

"It is health that is real wealth and not pieces of gold and silver.

- Mahatma Gandhi



A GIFT OF *Healthy Choices*

Redeem this gift of health to get:



To:

From:



A SPECIAL HOLIDAY SURPRISE

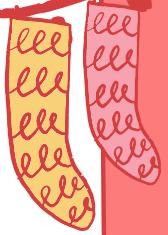
Merry Christmas!

TO CELEBRATE GOOD HEALTH, LET'S DO:

TO: -----

FROM: -----

This gift certificate can be redeemed until:





A Holiday Surprise!

Merry Christmas!
To celebrate, here's a
special gift of health:

To:

From:

This gift certificate can
be redeemed until:



- A** 50 - Mountain Climbers
- B** 40 - Plank Arm Walks
- C** 30 - Squats w/Heel Lifts
- D** 20 - Push Ups
- E** 10 - Burpee Jacks
- F** 50 - Jumping Jacks
- G** 40 - Russian Twist
- H** 30 - Alternating Lunges
- I** 20 - Tricep Push Ups
- J** 10 - Jump Squats
- K** 50 - Lateral Skaters
- L** 40 - Contralateral Pikes
- M** 30 - Lateral Lunges
- N** 20 - Renegade Rows
- O** 10 - Step Jumps
- P** 50 - High Knees
- Q** 40 - Superman
- R** 30 - Curtsey Lunges
- S** 20 - Pull-Ups / Rows
- T** 10 - Shuffle Tap (*floor*)
- U** 50 - Jump Ropes
- V** 40 - Lower Leg Lifts
- W** 30 - Glute Bridges
- X** 20 - Bicep Curls
- Y** 10 - Inchworm Push-Ups
- Z** 50 - Butt Kicks



ALPHA BETA SPELLING GAME

HOW TO PLAY THE SPELLING EXERCISE GAME!

- Choose a theme or topic and make a list of 6-12 words that you will spell out with the coordinating exercise.
- Move from one exercise to the next with no rest until you have completed each letter of the word.
- Once each letter with their coordinating exercises is completed, take a 1-3 minute rest before starting the next word.
- Be as challenging with word length as you'd like (short words vs long words) as everyone is at various fitness levels.

THEME

- | | |
|---------|----------|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. | 10. |
| 5. | 11. |
| 6. | 12. |

Game Theme & Topic Ides:

- Spell each participant or family/friends names
- Spell my health habits and focus for the month
- Spell names of exercises in the game
- Spell my favorite music, movie or TV show titles
- Spell my favorite things
- Spell the colors of the rainbow
- Spell names of countries around the world
- Spell inspirational and motivational words
- Spell names of fruits & vegetables

This fun way to include activity into your day
was brought to you by



Visit us at livingleannow.com and sign up for the newsletter and receive a new game each month!

ACTIVE



ADD MORE

ACTIVITY EVERYDAY BINGO

Take stairs	Walk around	Do push ups	Do squats	Hold a plank
Stretch legs	Stretch back	Stretch Shoulders	Stretch neck	Stretch chest & front delt
Walk Outdoors	Breathe Deep	FREE MOVE	Calf Raises while standing	Skip a step
Stretch hips & flexors	Stretch fingers and wrists	Make ankle circles	Stand on one leg	Step on & off a bench
Park far away	Crunches	Carry groceries	Evening stroll	Bedtime stretch

How to use this activity challenge:

- Get creative and interpret the movement and activity suggestions however you choose.
- The objective is to find ways to move more throughout the day.
- It doesn't matter how many you do, what matters is that you move more throughout the day.
- FREE MOVE = anything active you choose

How to start & get a tiny bit better over time:

- Start small and challenge yourself to get at least one (1) BINGO per day. To WIN a BINGO for the day, you need to complete 5 actions in a horizontal, vertical, or diagonal line.
- Improve by challenging yourself to more than one (1) BINGO each day until you are able to blackout your BINGO card every day.
- To challenge yourself, even more, add a number of reps for each movement or exercise or a time limit.



This activity challenge was created and brought to you by the health and wellness team at Living LEAN, LLC
For more activity games and challenges, visit us at livingleannow.com





Neighborhood Walk Scavenger Hunt



Ant 

Bumble Bee

Bird 

Yellow Flower

Broken Fence

Wild Life

Clouds

Purple Flower

Lost Penny

Bike 

Ball 

School 

Super Big Tree

Kids Playing

Swing Set

Trampoline

Brown Leaf

Red Flower

Stairs 

Person walking a Dog

Jungle Gym

Fruit on a tree

Unique Rock

Pink Flowers

Cat 

Bench 

Store 

A Neighbor

Blue House

Red Front Door



**Go for a long walk around your neighborhood as a family and look for things on the list above.
The one with the most checked items first wins!**



- **Print one card for each member of the family**
- **Grab a pen, pencil, or color crayon**
- **Put your tennis shoes on and go for a walk around your own neighborhood**
- **Look for items on the list and check them off as you find them during your walk.**
- **Keep walking until you have found all the items on the list.**



**Another fun way to play with your family
and exercise all at the same time!
Brought to you by...**



OUTDOOR PARK 100 RELAY CHALLENGE

Get outside and move!

This summer, get outside and have some fun with family and friends. Challenge them to a relay race you create with various items you may find at a park.

Here are the rules and a few ideas to get started:

- Find a familiar or new park nearby and take a stroll for about 10 minutes to discover what obstacles you can use for your relay challenge. This stroll of discovery will also serve as your warm-up.
- Design a relay event utilizing obstacles available at the park. These obstacles can go in a specific order based on park design or a free for all style where you go to whatever is available at the time.
- You will run, speed walk, or skip from one obstacle to the next, complete one or several exercises at each obstacle for a total of 100 reps.
- Once you've completed your 100 reps, you will quickly move to the next obstacle until you have completed the relay.
- You can do the relay as many times as you want, make it a race and see who finishes first, or casually complete 100 REPs at each obstacle slowly with a friend.

It doesn't really matter how you design your relay, what's most important is that you do it!



100 REPS PARK BENCH CIRCUIT

- Incline Mountain climbers - 25x
- Incline Push-Ups - 25x
- Tricep Dips - 25x
- Quickly tap the edge of the bench with each foot 25x



100 STEPS UP BLEACHERS OR STAIRS

- Run up 100 steps (only count steps up)
- Take every other step 100x
- two leg jumps up steps 100x

Challenge yourself in a variety of ways!!



100 SWINGS

When was the last time you were on a swing?!?
If the park has a swingset, get on kick your legs to get as high as you can for 100 swings!



100 REP PICNIC TABLE CIRCUIT

- Alternating Step-ups on the table seat 25x
- Plank hops from bench to tabletop 25x
- Double jumps from floor to bench to tabletop then walk down 25x
- Jackknife knee tucks seated on bench or tabletop 25x



100 REP JUNGLEGYM CIRCUIT

- Pull-ups or chin-ups 25x
- Hanging leg lifts or knee tucks 25x
- Recline row on lower bars 25x
- Pistol squat (1 leg squat) holding lower bar 25x ea.

**TURN OVER AND CREATE YOUR OWN
RELY ON BACK!**

Relay starts at



Obstacle 1 at _____

Exercises and reps = 100

_____ REPS _____
_____ REPS _____
_____ REPS _____
_____ REPS _____



Obstacle 2 at _____

Exercises and reps = 100

_____ REPS _____
_____ REPS _____
_____ REPS _____
_____ REPS _____



Obstacle 3 at _____

Exercises and reps = 100

_____ REPS _____
_____ REPS _____
_____ REPS _____
_____ REPS _____



Obstacle 4 at _____

Exercises and reps = 100

_____ REPS _____
_____ REPS _____
_____ REPS _____
_____ REPS _____



Obstacle 5 at _____

Exercises and reps = 100

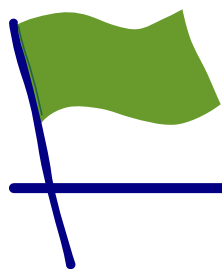
_____ REPS _____
_____ REPS _____
_____ REPS _____
_____ REPS _____



Obstacle 6 at _____

Exercises and reps = 100

_____ REPS _____
_____ REPS _____
_____ REPS _____
_____ REPS _____



Finish line!!

Another fun game brought to you by Living LEAN, LLC
For more exercise ideas and ways to move more, visit us at
livingleannow.com and subscribe to our monthly newsletter.



Roll the Dice Workout

Get your workout in a FUN way!
A new workout every time you play

- Set a timer for your desired workout time
- Roll both dice then complete the coordinating exercise
- Continue rolling and completing coordinating exercises for the desired workout time

2 - 15 Burpees

3 - Jumping Jacks - 1 minute

4 - 30 Crunches

5 - Mountain Climbers - 1 minute

6 - 15 Push-ups

7 - Skaters - 1 minute

8 - 30 Glute Bridges

9 - Plank - 1 minute

10 - 15 Lunges on each side

11 - Superman - 1 minute

12 - 30 Squats



April 2021

TRIVIA EXERCISE GAME

Learn something new and exercise all at the same time!



This game was created by the wellness team at Living LEAN, LLC to help you move more and live a healthy, happy and purposeful life.



Sign up for the monthly newsletter at livingleannow.com to enjoy more FREE downloadable featured recipes, activity games and lifestyle challenges!

TRIVIA EXERCISE GAME

What you need:

- Printed game cards on cardstock or regular paper
- Scissors
- Mason jar, basket, or small box.
- A timer of any kind. You can even play music and exercise until the music stops!

Game set up:

- **DOWNLOAD** and **PRINT** out the card pages only (2-5). You can use cardstock paper if you have it, but regular printer paper will do just fine. Make sure to set the printer to print on both sides of the paper.
- **CUT** the cards apart with a pair of scissors and arrange them in a masson jar, basket, or small box.

How to play:

- Start with the eight sample cards provided by your Living LEAN team.
- One person will draw a trivia card and read the question to all players.
- Let everyone give their answer, then turn over the card and share the correct answer.
- Each answer will have a coordinating exercise that each participant will do for 1 minute. Set your timer or play your music for 1 minute as everyone does their coordinated exercise.
- After you have practiced with the card provided, we have supplied you with a set of eight blank cards so you can create your own trivia game!

Have fun and get creative:

- Print new cards over and over and create trivia games to teach your kids math, spelling, and geography using this game and exercise.
- Play with co-workers to learn new and interesting things and get some lunchtime exercise at the same time.
- The possibilities are endless...get creative!!

TRIVIA QUESTION

True or False?

An hour of exercise is required for it to make a difference (lose weight & build muscle).

TRIVIA QUESTION

True or False?

The LEAN in Living LEAN now is an acronym that stands for Lifestyle, Exercise, Attitude & Nutrition

TRIVIA QUESTION

True or False?

Carbs and fat will make you fat.

TRIVIA QUESTION

True or False?

The most important thing to read on a nutrition label is the calories.

TRIVIA QUESTION

True or False?

Motivation is the key to weight loss success.

TRIVIA QUESTION

True or False?

Eating natural whole fruit is better than drinking fruit juice made from fruit.

TRIVIA QUESTION

True or False?

You should always wait until you are thirsty to drink water.

TRIVIA QUESTION

True or False?

Juice and soda is an ok substitution for water in a pinch.

Exercise

True

LEAN is an acronym that highlights the four pillars optimal health and wellness!

Right Answer: Push Ups

Wrong Answer: Plank

Exercise

False

Consistent daily activity and exercise is what makes a difference even if exercise is less than 1 hour.

Right Answer: Squats

Wrong Answer: Wall Sit

Exercise

False

The ingredients list is the most important information on any food nutrition label.

Right Answer: Walking Lunges

Wrong Answer: Step Ups (Stairs)

Exercise

False

Only highly processed carbs and fats make you fat. The carbs in fruits and vegetables and fats derived from plants are beneficial to health.

Right Answer: Jumping Jacks

Wrong Answer: Mountain Climbers

Exercise

True

Juicing real fruit removed much of the fiber which increases the insulin response, therefore, eating whole fruit loaded with fiber is a better option.

Right Answer: Glute Bridges

Wrong Answer: Supermans

Exercise

False

Motivation is unreliable and shouldn't be relied on. Consistent positive daily LEAN habits are the key to attain any health goals.

Right Answer: Deadbugs

Wrong Answer: Bear Crawls

Exercise

False

No way! Not even close! There is no substitution for water and it is essential for optimal health and wellness.

Right Answer: Overhead Press

Wrong Answer: Lateral Raises

Exercise

False

By the time you feel thirst, you are already dehydrated. Keep a water bottle with you and drink water throughout the day!

Right Answer: Triceps Dips

Wrong Answer: Bicep Curls

TRIVIA QUESTION

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TRIVIA QUESTION

TRIVIA QUESTION

TRIVIA QUESTION

TRIVIA QUESTION

TRIVIA QUESTION

Exercise

Correct Answer:

Right Answer Exercise:
Wrong Answer Exercise

Exercise

Correct Answer:

Right Answer Exercise:
Wrong Answer Exercise

Exercise

Correct Answer:

Right Answer Exercise:
Wrong Answer Exercise

Exercise

Correct Answer:

Right Answer Exercise:
Wrong Answer Exercise

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Wrong Answer Exercise

Exercise

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Right Answer Exercise:
Wrong Answer Exercise

Exercise

Correct Answer:

Right Answer Exercise:
Wrong Answer Exercise

Exercise

Correct Answer:

Right Answer Exercise:
Wrong Answer Exercise

WIN THE DAY

by earning 100 activity points

Strength points



Walk up 100+ steps (5 points)	
1+ minute plank (5 points)	
10+ Push Ups (5 points)	
10+ Squats (5 points)	
10+ Sit ups (5 points)	
10+ Back Extensions (5 points)	

Cardio points



Brisk walk for 10+ minutes (5 points)	
Jog up steps 1+ minute (5 points)	
Jumping Jacks 1+ minute (5 points)	
Jump Rope 1+ minute (5 points)	
Play outside 5+ minute (5 points)	
Run in place 1+ minute (5 points)	

Flexibility points



Chest stretch 5+ minutes (5 points)	
Leg stretches 5+ minutes (5 points)	
Back stretches 5+ minutes (5 points)	
Hip stretches 5+ minutes (5 points)	
Ankle circles 5+ minutes (5 points)	
Walk barefoot 5+ minutes (5 points)	

Rest & Recovery points

Although not "active", R&R is important for your health!



Sit Quietly & focus on your natural breath (5 minutes = 5 points)	
Got 7-8 hours of restful sleep last night (YES = 5 points)	

Today's Total

Why we created this game...

This game is a fun way to include more activity and exercise into your day and to demonstrate how small things throughout the day will add up into a positive outcome.

In this game, it's earning 100 points and **WINNING THE DAY!!**

A well structure exercise program includes strength or resistance exercises, cardio or endurance, flexibility and mobility, and proper rest and recovery.

Strength



Benefits of enhancing and preserving muscle mass through resistance training:

- Develop strong bones.
- Improve metabolism with more muscle.
- Better balance and physical ability.
- Think better and challenge the brain.
- Feel and look better.

Cardio Endurance



Benefits of Cardio and Endurance Training:

- Strengthens heart, lungs, and circulatory system.
- Reduces risk of debilitating diseases such as Type II Diabetes, Heart Disease, and Stroke.
- Improves overall fitness.

Flexibility & Mobility



Benefits of maintaining full range of joint motion and flexible muscles:

- Experience fewer aches and pain.
- Reduce negative effects of arthritis.
- Enjoy a higher quality of life and movement.
- Maintain optimal posture and gait.
- Remain independent and functional.

Rest & Recovery



Benefits of Rest and Recovery:

- Proper rest leads to better weight management, hormone balance, and physical repair.
- Physical recovery of tight muscles and joints leads to an optimal quality of life.

How to WIN THE DAY... Earn points for each activity that you complete!

Earn 5 points for meeting the minimum time or repetitions per activity. If you do more reps or for a longer time, add a **+** to your total number (+ = BONUS point). At the end of each day, count up all your points and set a goal of 100+!

Have fun and try to beat your own best day