21-DAY
WELLNESS CHALLENGE

February 1st - February 21st

In a time of uncertainty and disrupted routines, exercise, nutrition, and stress management are vital components in staying well. For nearly five decades, Liberty Athletic Club has been a haven for both members and staff to take a break from the challenges and stress of the outside world and be uplifted by the positive community of people dedicated to improving their well-being. We may not be able to connect in person as we have in the past, but we will continue to deliver portions of our unique and supportive community through a variety of new and traditional offerings. We hope to help you maintain a daily wellness routine during this time with a simple 21-day challenge.

Here's how:

- Complete one item every day from ***any*** of the three categories: Exercise, Nutrition, and Mindfulness
- You must complete at least three items from each category during the 21 days
- Take a photo or e-mail a copy of your completed 21-day challenge form to fitness@libertyathletic.net
- Those who complete the challenge will be entered to win a free month membership for a friend, a custom Liberty Athletic Club water bottle and drawstring backpack. There will be three winners chosen.

LIBERTY
ATHLETIC CLUB

EXERCISE
Take a class at Liberty
Join a Liberty virtual class or follow a recorded class from the Liberty YouTube channel
Complete an independent workout at Liberty
Run, bike, or swim for 30 minutes or more
Play a sport for 30 minutes or more
Lift weights for 30 minutes or more
Stretch for 15 minutes or more

NUTRITION
Drink at least 64oz of water
Avoid alcohol
Avoid drinks with added sugar
Eat a fruit or vegetable you've never had or haven't tried recently
Make something from scratch that you usually buy
Avoid eating after 8pm
Go meatless

MINDFULNESS
Spend 30 minutes outside
Meditate
Sleep for seven hours or more
Write in a journal
Take a bath
Foam roll
Turn off your cell phone, TV, tablet, etc. for 1 hour

WEEK #1	SUN	MON	TUE	WED	THU	FRI	SAT
ACTIVITY							

WEEK #2	SUN	MON	TUE	WED	THU	FRI	SAT
ACTIVITY							

WEEK #3	SUN	MON	TUE	WED	THU	FRI	SAT
ACTIVITY							

Check how many different activities from each category you completed.

EXERCISE ☐☐☐☐☐☐☐

NUTRITION ☐☐☐☐☐☐☐

MINDFULNESS ☐☐☐☐☐☐☐