

## May 25th-29th

### MONDAY

**Fitness**  
Back Lunge  
Hip Bridge  
Reverse Fly  
Chair Dips  
Plank Hold

Do 10 of each exercise  
Rest for 1 minute  
Repeat 3 Times

**Nutrition Tip**  
Watch your portion sizes this week. Measure out your servings.

**Healthy Athletes Tip**  
Wear a face mask over your nose and mouth when going out into public.

### TUESDAY

**Fitness**  
Kneeling Hamstring  
Side Stretch  
Wrist Flexion and Extension Stretch

Complete each stretch for 30 seconds on each side.

**Nutrition Tip**  
When eating a snack place it in a bowl rather than eating out of the bag so you can control the portion size.

**Healthy Athletes Tip**  
Replace your tooth brush at least every three months.

### WEDNESDAY

**Fitness**  
Wall Sit  
One Leg Deadlift  
Forward Arm Raises

Do each exercise for 30 seconds  
Rest for 1 minute.  
Complete 3 Times

**Nutrition Tip**  
When eating out share a meal with a friend or ask for half of it to be boxed up to take home for another meal.

**Healthy Athletes Tip**  
Apply sun screen 30 minutes before heading out doors to allow the sunscreen to bind to your skin. Reapply every 2 hours.

### THURSDAY

**Fitness:**  
Burpees  
Step Ups w/ Jump and Switch  
Tuck Jumps

Do each exercise for 30 seconds then rest for 1

**Nutrition Tip**  
Read the label when you buy food and before you consume it. Is that drink two servings or one?

**Healthy Athletes Tip**  
Brush your tongue and the roof of your mouth as well as your teeth. Removing plaque off your tongue will help freshen your breath .

### FRIDAY

**Fitness Friday Challenge**  
**60 seconds of Burpees**  
Post on the [Facebook page](#) of you doing the challenge.

**Nutrition Tip**  
Treat yourself to your favorite snack in small portions once a week.

**Healthy Athletes Tip**  
Get at least 30 minutes of exercise 5 days a week to keep your body and mind strong. A quick walk can lift your spirits.