



Fitness in February Challenge

Join Beverly Swampy, Indigenous Health & Wellness Coach/Workshop Facilitator, from February 3rd to 28th, 2025, which includes three Zoom workouts & a nutrition workshop each week.



- ✔ Adults 18+ must be members of Duncan's First Nation, Horse Lake First Nation, & Sturgeon Lake Cree Nation
- ✔ Must register for the challenge to receive the Zoom link for the workshops in order to participate
- ✔ All workshops are from Monday to Thursday at 7:00 pm
- ✔ Free resistance bands & yoga mats while supplies last

Contact **Jennifer** at **780-518-9607** or **irscultural@westerncree.ca** for more information and to register.



February



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Mobility Movement/Design 6 minute workout	4 Body Weight Workout	5 Healthy Breakfast meals Benefits of Fasting	6 Tea Towel Workout	7	8
9	10 Mobility Movement/Design 12 minute workout	11 Mini band workout	12 Healthy Lunches Benefits of Fasting	13 Upper Body Workout -weights required	14	15
16	17 Mobility Movement/Design 18 minute workout	18 Foam Roller use and stretches for hips/knees	19 Healthy Supper Ideas Benefits of Protein	20 Leg/glute focus/Bannock Booty Workout	21	22
23	24 Mobility Movement/Design 24 minute workout	25 Stretches/yoga flow/pilates	26 Healthy Snack ideas Sugar Shocker	27 Full body focus	28	