



# September

# 2023



## EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8AM Band Class w/ Stacey 9AM Yoga 12PM Fat Burn	2
3 Week 1: Back to School Lunches	4 Weekly Nutrition Theme: Focus on Balanced Lunches!  Read the All About Protein nutrition guide on the Members Only page	5 7AM Abs Class w/ Stacey	6 Aim for 4-6oz of protein in each meal today!  9AM Barre Class w/ Stacey	7 1PM Lunchtime Cardio & Muscle w/Stacey  6PM Cardio & More	8 Check out Kylie's Quick Prep Lunch ideas handout on the Members Only page!  8AM Band Class w/ Stacey 9AM Yoga 12PM Fat Burn	9
10 Week 2: Stress Management	11 Weekly Nutrition Theme: Manage your stress before it manages you	12 7AM Abs Class w/ Stacey	13 Try to engage in deep breathing or meditating for 2-5 minutes today!  9AM Barre Class w/ Stacey	14 12:15 PM Lifestyle Group Discussion: "Lifestyle Nutrition"  1PM Lunchtime Cardio & Muscle w/Stacey  6PM Cardio & More	15 Watch the Stress Management Lifestyle Medicine video on the Members Only page 8AM Band Class w/ Stacey 9AM Yoga 12PM Fat Burn	16
17 Week 3: Blood Sugar	18 Weekly Nutrition Theme: Balance your blood sugar by snacking smart!  Aim for eating a meal or snack every 3-4 hrs for stable blood sugars	19 7AM Abs Class w/ Stacey	20 9AM Barre Class w/ Stacey	21 1PM Lunchtime Cardio & Muscle w/Stacey  6PM Cardio & More	22 Pair all carbohydrates with a protein/fat or dairy source 8AM Band Class w/ Stacey 9AM Yoga 12PM Fat Burn	23
24 Week 4: Family Meals	25 Weekly Nutrition Theme: Family Meals!	26 7AM Abs Class w/ Stacey	27 Focus on the three S's of family meals. Swap, Substitute, or Smaller portions  9AM Barre Class w/ Stacey	28 1PM Lunchtime Cardio & Muscle w/Stacey  6PM Cardio & More	29 Check out the Making Veggies Enjoyable video on the Members Only Page 8AM Band Class w/ Stacey 9AM Yoga 12PM Fat Burn	30

See Our Online Health Tip of the Month:

# Back to Routine!

