

FEBRUARY FITNESS PLAN

Goal: Build endurance, boost heart health, and track your weekly progress!

(Put a ✓ in box when you complete the routine, or write time)

1 Rest	2 Walk/Run a 1 Mile Time:	3 <input type="checkbox"/> 30 sec. High Knees 10 each side Reverse Lunge Repeat 3-5x	4 <input type="checkbox"/> 30 sec. Butt Kicks 20 DB F/B Lateral Circles Repeat 3-5x	5 <input type="checkbox"/> 30 sec. Bicycle Crunch 15 Laying Leg Lifts Repeat 3-5x	6 <input type="checkbox"/> 30 sec. F/B Jumps 15 Jump Out Squats Repeat 3-5x	7 Hold a Plank as long as you can! Time:
8 Rest	9 Walk/Run a 1.5 Miles Time:	10 <input type="checkbox"/> 30 sec. Jumping Jacks 10 each side Forward Lunge Repeat 3-5x	11 <input type="checkbox"/> 30 sec. Skaters 20 DB I/O Front Circles Repeat 3-5x	12 <input type="checkbox"/> 30 sec. Russian Twist 15 Sit-ups Repeat 3-5x	13 <input type="checkbox"/> 30 sec. Side to Side Jumps 15 Jump In Squats Repeat 3-5x	14 Hold a Wall Sit as long as you can! Time:
15 Rest	16 Walk/Run a 2 Miles Time:	17 <input type="checkbox"/> 30 sec. High Knees 10 each side Reverse Lunge Repeat 3-5x	18 <input type="checkbox"/> 30 sec. Butt Kicks 20 DB F/B Lateral Circles Repeat 3-5x	19 <input type="checkbox"/> 30 sec. Bicycle Crunch 15 Laying Leg Lifts Repeat 3-5x	20 <input type="checkbox"/> 30 sec. F/B Jumps 15 Jump Out Squats Repeat 3-5x	21 Hold a Plank as long as you can! Time:
22 Rest	23 Walk/Run a 2.5 Miles Time:	24 <input type="checkbox"/> 30 sec. Jumping Jacks 10 each side Forward Lunge Repeat 3-5x	25 <input type="checkbox"/> 30 sec. Skaters 20 DB I/O Front Circles Repeat 3-5x	26 <input type="checkbox"/> 30 sec. Russian Twist 15 Sit-ups Repeat 3-5x	27 <input type="checkbox"/> 30 sec. Side to Side Jumps 15 Jump In Squats Repeat 3-5x	28 Hold a Wall Sit as long as you can! Time:

Turn it in at the beginning of March for credit and pick up the next fitness plan!

Member Name:

Stronger Hearts Start Here

Heart Health Goals for the Month of February:

- ♥ **Move:** Engage in regular physical activity, aiming for at least 150 minutes of moderate activity per week.
- ♥ **Nourish:** Focus on a balanced diet rich in fruits, vegetables, and whole grains while limiting processed foods and sodium.
- ♥ **Sleep:** Prioritize 7-8 hours of quality sleep nightly to support overall cardiovascular health.
- ♥ **Relax:** Practice stress-management techniques like deep breathing, meditation, or yoga to maintain a calm mind and strong heart.
- ♥ **Check:** Monitor important health numbers like blood pressure, cholesterol, and blood sugar levels with your doctor.
- ♥ **Hydrate:** Drink enough water daily to help maintain healthy blood flow and regulate blood pressure.
- ♥ **Limit:** Reduce consumption of alcohol, caffeine, or high-sugar beverages that can negatively impact your heart.
- ♥ **Connect:** Share healthy habits with family, fostering community care.