



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Y community:

Mondays always seem like the perfect day to make a fresh start, especially if you are coming off an overly indulgent weekend or are just looking to make a clean break from some bad habits. Either way, no judgement here, we are here for you 100%!

“There’s a reason why the windshield is bigger than the rearview mirror. Where you are going is so much better than where you have been”.

Enjoy our workout and recipe of the day!

Stay healthy,

Carrie

Workout of the Day

Merry Maker

Squats jumps -20 reps
Push ups -10 reps
Step ups - 10 each side (use your stairs)
Plank- hold 30 seconds
Mountain climbers - 30X (R-L=1)

4x top to bottom

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