



# FITINDISS FITNESS

WELCOME TO OUR

## ✦ Monthly Newsletter



### Fitindissfitness

Get ready for summer! To keep things exciting, join our June Fitness Challenge, designed to push you with new exercises and keep you consistent. This month, I'll also share ideas for outdoor workouts—making the most of the sunshine while getting fit.

### In this newsletter you will find:



Join our 4-week fitness challenge!

Focus on fun, functional movements for summer.

Tips for staying active outdoors.



## Fitness that is for Everyone

Focus on Fun, Functional Movements for Summer.

Summer is the perfect time for a fresh start, and I've created a simple 4-week fitness challenge to help you move more, feel stronger, and actually enjoy the process. No stress, no overhauls, just fun, functional movement that fits your life.

This challenge isn't about punishing your body it's about training it to support your lifestyle. We'll be doing movements that help in everyday life, squats, lunges, pushes, pulls, and core work. These aren't just workouts, they're energy boosters, mood lifters, and strength builders. Whether you're lifting your toddler, bringing in the groceries, or going on a summer hike, this kind of training carries over. Plus, I'm keeping it light, fun, and modifiable for all levels.



## Tips for Staying Active Outdoors.

Let's take advantage of the nice weather while we have it! Here are a few easy ways to sneak movement into your day without making it a whole production:

Walk in the mornings or evenings when it's cooler. Bring a podcast or a kid along!

Turn park time into a mini workout—squats, lunges, and planks while the kids play.

Bike rides, hikes, or backyard dance breaks totally count as cardio.

Keep a yoga mat or resistance band near your deck so you can squeeze in a stretch while the kids nap or play.

Play tag or kick a ball around, yes, that's movement too!

**\*I am offering a donation based Beginners Yoga Class Saturdays starting June 14th @10am at the Churchill park. All donations going to the Street Culture Shelter in Regina.\***



Movement doesn't have to be perfect to be effective. It just has to happen!

# Your 4-Week Summer Challenge

Here's your simple weekly structure.

Each Week.

3 quick workouts

2 outdoor activities (walk, hike, bike, or just play!)

1 habit focus (small, doable shifts that make a big difference)

Here's your weekly habit roadmap.

Week 1: Drink at least 2L of water per day

Week 2: Stretch for 5 minutes before bed

Week 3: Add a veggie to every meal

Week 4: Go to bed 30 minutes earlier

That's it! No complicated plans, just a few weekly wins to help you build momentum and feel your best.

## WEEK 1: WAKE UP & WORK IT

Repeat 3-4 round

**20 Bodyweight Squats, 15 Incline Push-Ups (wall or counter), 20 Glute Bridges, 30 Seconds March in Place, 20 Standing Arm Circles (forward + back), 30-Second Wall Sit**

**Optional finisher: 1-minute walk or stair step-ups**

**Time: ~25-30 mins**

## WEEK 2: LOWER BODY POWER

Repeat 3-4 rounds

**15 Chair Sit-to-Stands, 10 Step-Back Lunges (each leg), 20 Glute Bridge Marches, 30 Seconds Calf Raises, 30 Seconds Wall Sit, 20 Standing Side Leg Lifts (10/side)**

**Time: ~25-30 mins**

## WEEK 3: CORE + CARDIO COMBO

Repeat 3 rounds

**20 Standing Knee-to-Elbow Crunches (10 each side), 10 Bird Dogs (each side), 30 Seconds Jog or High Knees in Place, 20 Seated Twists, 10 Glute Bridges, 30 Seconds Fast March or Side Steps**

**Optional finisher: 20-second plank or wall plank hold**

**Time: ~25-30 mins**

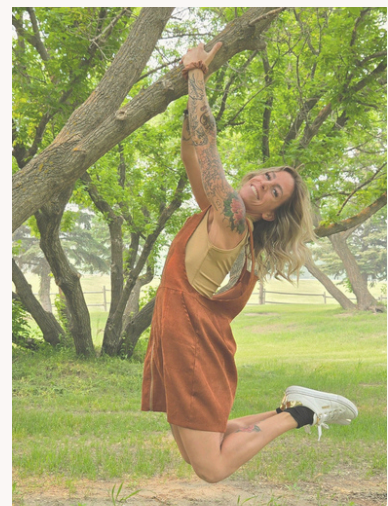
## WEEK 4: FINAL SWEAT & CELEBRATION

Repeat 3 rounds

**15 Bodyweight Squats, 10 Incline Push-Ups, 20 March + Punch Combo, 10 Step-Back Lunges (each leg), 20 Standing Twists, 30 Seconds Glute Bridge Hold**

**Bonus: End with a fun dance to your favorite upbeat song**

**Time: ~30 mins**



I will always share as much free information as I can.

I genuinely want to see everyone succeed, and I'm always happy to share valuable information or insights from the heart if it can help someone in any way.

@fitindissfitness | Fitindissfitness101@hotmail.com

TAKE CARE OUT THERE GUYS.