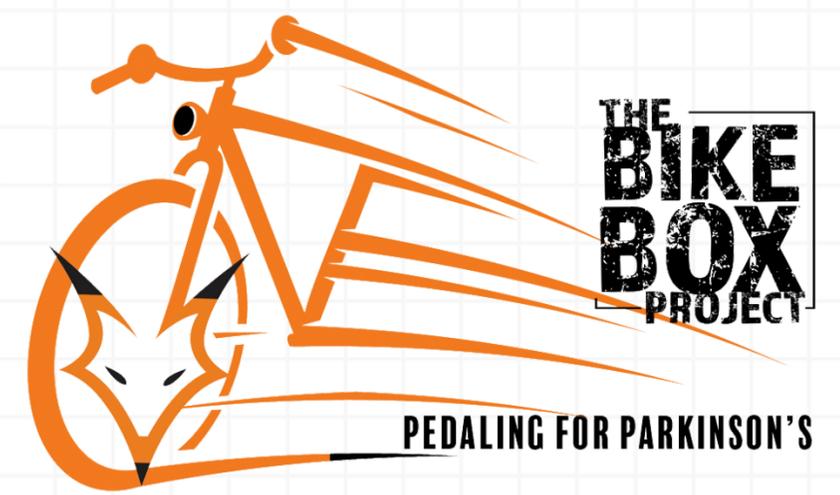


# FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
	dumbbell squat	step ups	wide bicep curl	diamond pushup	toe touches	shoulder taps
skaters	franken steins	mountain climbers	arm circles	side bends	oblique slides	flutter kicks
lunge w/ twist	jog in place	squat reach	21 sec. wallsit	crunches	high knees	glute bridges
windmills	21 sec. hollow hold	butt kicks	chest press	superman	overhead press	upper cuts
star jump						



**TEAMFOX**  
FOR PARKINSON'S RESEARCH

# ROWLAND

## & THE HOME SALES TEAM

# MARCH

"Let Us Get You Moving"

# ROWLAND

## & THE HOME SALES TEAM

SUN	MON	TUE	WED	THU	FRI	SAT
	step ups	full body extensions	upper cuts	reverse lunges	flutter kicks	sumo squats
side leg raises	dead lifts	oblique slides	predator jacks	burpees	chest presses	windmills
21 sec. plank	dumbbell squats	high knees	(Guinness) bicep curls	push ups	air punches	lunge w/a twist
skaters	spiderman press ups	jumping jacks	upright rows	mountain climbers	calf raises	chest fly's
bird dogs	diamond push ups	leg drops	squat w/a reach			

"Let Us Get You Moving"

Visit:

[www.HomeSalesTeamEnc.com](http://www.HomeSalesTeamEnc.com)

or Call:

252-631-6787





**Federal Managers  
Association  
Chapter 21**

# APRIL



SUN	MON	TUE	WED	THU	FRI	SAT
				Fool's Chest Fly's	Plank Builders	21 sec. jog in place
Easter Buck Hops	Reverse Lunges	Wide Bicep Curls	Glute Bridges	Jacknives	Lateral Raises	Mummy Kicks
PF Moving Day 5k or walk 2.1 mi.	Crunches	Overhead Press	Downward Dogs	Squat with a Reach	High Knees	Shoulder Taps
Step Ups	Renegade Rows	Thrusters	Burpee Mountain Climbers	Uppercuts	Donkey Kicks	Quad Burners
Fire Hydrants	Clock Lunges	Floor Tap Squats	Jumping Jacks	Hindu Push Ups	Skaters	





**MAY**

**"Show Us Your Sole"**



SUN	MON	TUE	WED	THU	FRI	SAT
						<u>1</u> Star Jumps
<u>2</u> Bicycles	<u>3</u> Side Leg Raises	<u>4</u> Plank Jacks	<u>5</u> Front Kicks	<u>6</u> Curtsey Lunges	<u>7</u> Bear Crawls	<u>8</u> Russian Twists
<u>9</u> Dumbbell Squats	<u>10</u> Hammer Curls	<u>11</u> Oblique Slides	<u>12</u> Manmakers	<u>13</u> Ab Scissor Claps	<u>14</u> Dead Lifts	<u>15</u> Step Ups
<u>16</u> Tricep Extensions	<u>17</u> Jacknives	<u>18</u> Hindu PushUps	<u>19</u> Wall Balls	<u>20</u> Renegade Rows	<u>21</u> Lateral Plank Walks	<u>22</u> Wood Chops
<u>23</u> Clock Lunges	<u>24</u> Toe Touches	<u>25</u> Jumping Hand Reaches	<u>26</u> Hook Punches	<u>27</u> V- Ups	<u>28</u> Air Squats	<u>29</u> Overhead Press
<u>30</u> Jumping Jacks	<u>31</u> Bruin 5k or walk 2.1					

# JUNE

<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>
		<b>1</b> Side Step Squat	<b>2</b> Predator Jacks	<b>3</b> Front Kicks	<b>4</b> Quad Burners	<b>5</b> Lunge w/ dumbbell rotation
<b>6</b> Hip Dips	<b>7</b> Skaters	<b>8</b> Inchworm to Push-Up	<b>9</b> Hammer Curls	<b>10</b> Get Up Squats	<b>11</b> Skull Crushers	<b>12</b> Walk 2.1 miles
<b>13</b> Tricep Dips	<b>14</b> Reverse Crunches	<b>15</b> Pulse Squats	<b>16</b> Burpee Skaters	<b>17</b> Downward Dogs	<b>18</b> T Raises	<b>19</b> Plank Builders
<b>20</b> Bicycles or Road Bike	<b>21</b> Glute Bridges	<b>22</b> Volcano Jumps	<b>23</b> Low Starter Taps	<b>24</b> Thrusters	<b>25</b> Spider Jumps	<b>26</b> Jabs
<b>27</b> Star Sit Ups	<b>28</b> Side Leg Raises	<b>29</b> Plank Push Backs	<b>30</b> Mountain Climbers			



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# JULY



SUN	MON	TUE	WED	THU	FRI	SAT
				1 try a green smoothie	2 have a salad	3 grab a Matcha latte
4 all the red & blue fruits	5 grab an energy bowl	6 Taco Tues @ The Vine	7 show your healthy snack	8 try an immune boost juice	9 opt for mixer-free cocktails	10 try a 'beyond meat' cheeseburger
11 grab a mermaid bowl	12 get a Super Greens juice	13 sub veggie for carb	14 try a \$5 wrap @ The Vine	15 try a recovery smoothie	16 try a vegetarian option	17 have The Gatsby sub
18 grab an oatmeal @ The Vine	19 show your healthy snack	20 Taco Tues @ The Vine	21 have an ahi tuna salad	22 try the PB energy bowl	23 eat an extra fruit	24 try the C-Bomb juice
25 grab an energy bowl	26 have a salad	27 get a gluten free option	28 try a \$5 wrap @ The Vine	29 try the pina colada smoothie	30 get an all veggie pizza	31 Nat'l Avocado Day! try the avocado smash



# AUGUST

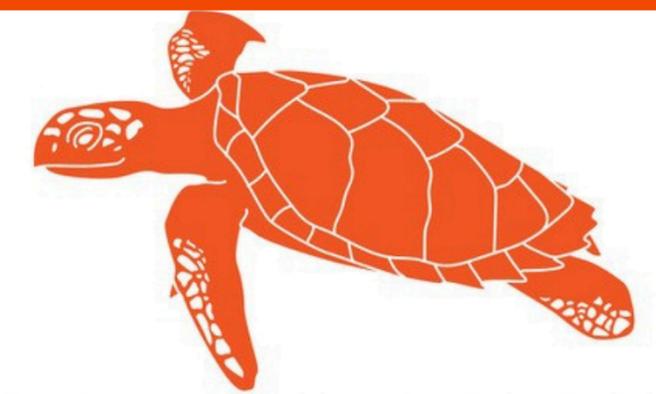
*-Stretch, Meditate, and Be Kind-*

*Mid-year mindfulness,  
body check-in,  
self love,  
gratitude,  
& giving....*

SUN	MON	TUE	WED	THU	FRI	SAT
21 deep cleansing breaths		plank hold (21 secs)		cook for a neighbor/friend	3 minute body scan	give your BEST hug
express gratitude to someone	21 slow bicycles	compliment a stranger	3 minute mindful breathing		wall sit (21 secs)	
self LOVE day	mindful eating all day		take a pic of the sunset	superman hold (21 secs)	buy someone's coffee/drink	30 minute mindful walk
	hollow hold (21 secs)	write someone a nice note		loving & kindness meditation	21 bird dogs	be a volunteer
5 minute mindful breathing	take treats to share at work					

# SEPTEMBER

## "HELLO, FUN..."



**PEDEGO**  
ELECTRIC BIKES

**EMERALD ISLE**  
*— North Carolina —*

SUN	MON	TUE	WED	THU	FRI	SAT
			1 HELLO, FUN.. GO FOR A GROUP JOG	2 WILD CARD HAVE ACTIVE FUN!	3 HELLO, FUN.. GAME NIGHT	4 HELLO, FUN.. BICYCLE
5 HELLO, FUN.. WATER SPORT	6 HELLO, FUN.. BEACH IT!	7 HELLO, FUN.. PLANT A TREE/GARDEN	8 HELLO, FUN.. BICYCLE	9 HELLO, FUN.. WALK WITH A FRIEND	10 HELLO, FUN.. TRIVIA WITH A FRIEND	11 3-MIN REFLECTION
12 HELLO, FUN.. BICYCLE	13 WILD CARD HAVE ACTIVE FUN!	14 HELLO, FUN.. FRISBEE/ CORNHOLE	15 HELLO, FUN.. TAKE A HIKE	16 HELLO, FUN.. PICNIC IN THE PARK	17 HELLO, FUN.. WATER SPORT	18 HELLO, FUN.. GAME NIGHT
19 HELLO, FUN.. DANCE	20 HELLO, FUN.. MAKE A FUN DRINK/DESSERT	21 WILD CARD; HAVE ACTIVE FUN!	22 HELLO, FUN.. STARGAZE	23 HELLO, FUN.. GO FOR A GROUP JOG	24 HELLO, FUN.. BICYCLE	25 HELLO, FUN.. FLY A KITE
26 HELLO, FUN.. WALK WITH A FRIEND	27 HELLO, FUN.. BICYCLE	28 HELLO, FUN.. PICNIC IN THE PARK	29 HELLO, FUN.. WALK A FRIEND'S DOG	30 NAT'L LOVE PEOPLE DAY- GIVE HUGS		

**\*PEDEGO'S ARE A GREAT WAY TO STAY ACTIVE  
AND GET AROUND TO SEE MORE!  
"HELLO, FUN..." AND LET'S...**

**Bike Box**  
**for Team Fox:**

# OCT. : 'TRICK OR TREAT'

Virtual Fall 5k/10k  
Half Marathon  
(2nd)



Virtual Boston  
Marathon (10th)



Row to Slow  
Parkinson's (23rd)



Bernin' to the  
Beach !! (30th)



Sign up for a virtual event ^ to  
**#endPDin21**

sun	mon	tue	wed	thu	fri	sat
					1 World Smile Day	2 Virtual Fall 5k/10k/ Half Marathon
3 Trick: 21 Frankenstein Walks	4 National Taco Day	5 National Eat Fruit at Work Day	6 National Coffee with a Cop Day	7 Trick: 21 Burpess	8 Watch a Scary Movie	9 Trick: Take a Bicycle Ride
10 Virtual Boston Marathon	11 National Kick Butt Day	12 Trick: 21 Predator Jacks	13 National Emergency Nurse's Day	14 National Dessert Day	15 Boss's Day	16 Trick: 21 Air Punches
17 National Pasta Day	18 National Chocolate Cupcake Day	19 Trick: 21 Spider Jumps	20 Carve a Pumpkin	21 Trick: 21 Skaters	22 National Color Day WEAR ORANGE	23 Row to Slow Parkinson's
24 Trick: Stroll in a Cemetery	25 Make a Witch's Brew	26 National Pumpkin Day	27 National American Beer Day	28 National Chocolate Day	29 Trick: 21 Skull Crushers	30 Bernin' to the Beach !!
31 Trick OR Treat						