

# MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>"In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too." ~ Jean Hersey</i></p>			<p><b>1</b> Well-Balanced Wednesday            Train your balance!            Step 1: Shift your weight from leg to leg. Add in: Shift your weight to R - lift your R heel. Repeat on the L —Do 10 reps three times a day</p>	<p><b>2</b> Think About It Thursday</p> <p>What would you like to be different this month?</p>	<p><b>3</b> Fearless First Friday</p> <p>Time to JUMP out of the box!            Name a goal that scares you and excites you!            Accountability Check in! - Share it with me: <a href="mailto:ejwcoach@ericajoneswoolley.com">ejwcoach@ericajoneswoolley.com</a></p>	<p><b>4</b> Sweat It Out Saturday</p> <p><b>Cardio Blast</b> March/Jog in Place 30 sec Push-Ups 10  <b>Repeat 4X</b> March/Jog in Place 30 Sec Squats 10  <b>BLAST!</b> March/Jog in Place 30 Sec Crunches 10</p>
<p><b>5</b> Super Sunday</p> <p><b>Prep your Month!</b>            What do you want to accomplish this month? Create your plan - even if it needs to change along the way - creating your plan ahead of time helps to set the foundation of getting it all done!</p>	<p><b>6</b> Move Your Body Monday</p> <p><b>Side Stepping for the Hips</b>            Each time you wash your hands today: Do 10 side steps in each direction - that's 20 side by sides!            Why? Balance and Hip Strength!</p>	<p><b>7</b> Tenacious Tuesday</p> <p>"Take rest. A field that has rested gives a bountiful crop." — Ovid</p>	<p><b>8</b> Well-Balanced Wednesday</p> <p><b>Morning Rituals</b>            What morning ritual will work best for your life-balance connection and happiness?</p>	<p><b>9</b> Think About It Thursday</p> <p>What's inspires you?</p> <p><b>inspire</b></p>	<p><b>10</b> Feel Good Friday</p> <p>Celebrate your inspirations!            Create a visual representation this weekend to stay focused on your inspiration!</p>	<p><b>11</b> Sweat It Out Saturday</p> <p>Squats 5x Push-Ups 5x Full Body Crunch Extensions 5x Alternating Lunges 10x Push-Ups 5x Full Body Crunch Extensions 5x</p> <p><b>4 minute AMRAP</b></p>
<p><b>12</b> Super Sunday</p> <p><b>Spring is in the Air!</b>            Whatever the weather is — spend a little time outside today to get some fresh air! Flowers will be blooming soon!</p>	<p><b>13</b> Move Your Body Monday</p> <p><b>Heel Stepping!</b>            Engage your glutes all day long when you emphasize walking heel to toe throughout your day!</p>	<p><b>14</b> Tenacious Tuesday</p> <p>"Nothing is worth your health. Nothing is worth poisoning yourself into stress, anxiety, and fear." — Steve Maraboli</p>	<p><b>15</b> Well-Balanced Wednesday</p> <p><b>Stir Fry Deliciousness</b>            Check out this website for 40 different stir fry ideas! <a href="https://gypsyplate.com/the-best-stir-fry-recipes/">https://gypsyplate.com/the-best-stir-fry-recipes/</a></p>	<p><b>16</b> Think About It Thursday</p> <p><b>TAKE ACTION</b> What actions are you taking to feel different this month?</p>	<p><b>17</b> Feel Good Friday</p> <p><b>Happy St. Patrick's Day!</b>            Put your headphones on and have a mini dance party~</p>	<p><b>18</b> Sweat It Out Saturday</p> <p><b>The Slide Down</b>            1st Round 10reps; 2nd Round 9reps; 3rd Round 8rep ...repeat down to 1 rep!            • Squats            • Alt Lunges            • Push-ups            • Crunches</p>
<p><b>19</b> Super Sunday</p> <p><b>Mood Check In</b></p> <p><b>MOOD</b>            How are you doing? Check in with yourself - and be honest! Need support? Let me know—I am here for you!</p>	<p><b>20</b> Move Your Body Monday</p> <p><b>Legs Day!</b>            Do 10 Squats 10 different times today!</p>	<p><b>21</b> Tenacious Tuesday</p> <p>"The real secret to getting more done is giving yourself a break." — Marie Forleo</p>	<p><b>22</b> Well-Balanced Wednesday</p> <p><b>Hand to Sole Exercise</b>            Shift your weight to one leg. Lift the opposite knee - bring the opposite hand across the body to the bottom of that foot. Lightly lean on something if you need to for support!</p>	<p><b>23</b> Think About It Thursday</p> <p><b>SUCCESS</b>            How will you know this month was different?</p>	<p><b>24</b> Feel Good Friday</p> <p>Name 3 things you are grateful for this week!!</p>	<p><b>25</b> Sweat It Out Saturday</p> <p><b>Slow and Steady: Each Rep Takes 10 seconds each</b>            Squats 10 ** Pushups 10            Alt Lunges 20 ** Crunches 10 ** Plié Squats 10 Shoulder Tap Planks 20            Rest and Repeat up to 4x</p>
<p><b>26</b> Super Sunday</p> <p><b>See into Your Future!</b>            What does April have in store for you? Spring Cleaning and a Fresh Spring Start!</p>	<p><b>27</b> Move Your Body Monday</p> <p><b>Flexibility Counts!</b>            Inhale Arms Overhead, Exhale Forward Fold, Hands to your Thighs, Walk Your Hands to your Knees or Lower. Engage your tummy, roll up to stand slowly. Repeat as needed!</p>	<p><b>28</b> Tenacious Tuesday</p> <p>"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." ~Ferris Bueller's Day Off</p>	<p><b>29</b> Well-Balanced Wednesday</p> <p><b>Night-time Rituals</b>            What evening ritual will work best for your life-balance better sleep and rest promotion?</p>	<p><b>30</b> Think About It Thursday</p> <p>What joy do you want to increase in April?</p>	<p><b>31</b> Feel Good Friday</p> <p><b>HIP HIP HURRAY</b>            Give 3 Cheers to that End of the Month Accomplished Feeling!!!</p>	