



FALL INTO FITNESS!

The holiday season is practically upon us, but don't let that stop you from maintaining good health habits. Use beautiful autumn colors and crisp air to clear your mind and inspire positive thinking. Make health and wellness a part of everyday living. [Do It For Life Now!](#)

Boost your energy with this FALL FAB FITNESS CHALLENGE

(Do 3 sets of the exercises 3x/week for 30 days; one set here, one set there during the day is okay, too. Just get up and move!)

5 jumping jacks

(modified = no jumping; step side-to-side raising arms overhead with each step; this can also be done sitting; one step to each side = 1 rep)

5 squats

(modified = sit-to-stand from bench or chair)

5 pushups

(modified = on knees or use a bench)

30 sec (or longer) plank