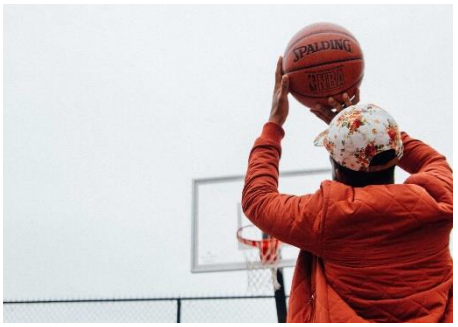
THRIVE 7 DAY ACTIVITY CHALLENGE

Do you feel a bit like you have been in “survival mode”? Have you just been exercising because you know you should? When was the last time you were active and really enjoying yourself? A lot of people ask trainers questions like how many calories does an activity burn? or which is the “best” activity for getting in to shape. The CHALLENGE this week is to do activities that you enjoy or that you want to try, and rate your enjoyment with 1/10 being, “never want to do this again” and 10/10 being “**THAT WAS SO MUCH FUN-, I REALLY ENJOYED THAT**” Take the challenge to Thrive instead of to Survive. If you want – send us a photo to info@curtishealth.com that we can share.



Date	Activity	Enjoyed x/10
Example July 12	Tennis with the kids, 45 mins	8/10, super fun

#Thrive