

Monday

Happy #MoveItMonday, everyone!!


Rule #1 to working out: NEVER skip Monday!!

Mondays matter more than any other day when it comes to accomplishing your goals because it makes you more likely to work out for the rest of the week.

Let's jump start your level of commitment to increase your productivity and energy for the next few days with this 6-MINUTE mini workout challenge! NO EXCUSES!

...





#MoveItMonday #quickworkouts
#shortworkout #fitnessmotivation #miniworkout #workoutmotivation #Effective180
#cardioworkout #bodyweightworkouts #exercisethome #workout #homeworkouts #hiit
#onlineworkouts #transformation #training #athomeworkouts #happyhealthyheady
#fitnessmotivation #fitnessfromhome #wellness #workoutmotivation #homeworkout
#fitnessjourney #fitmom #momswhoworkout #workoutsforwomen #fitnessgoals
#personaltrainer #exercisethome #getfitathome #lockdownbody #workoutplan
#workoutathome #motivation #lockdown #exercisemotivation #trainingmotivation
#moveyourbody #noexcuses #athomeworkout #quarantineworkout#healthylifestyle
#fitnesspro #mondaymotivation



180 EFFECTIVE

NO GYM? NO TIME? NO PROBLEM!

**6-MIN MINI
WORKOUT CHALLENGE**

	PUSHUPS	15 REPS
	SQUATS	15 REPS
	PLANK HOLD	30 SECS
	BICYCLE CRUNCH	15 REPS

#MOVEITMONDAY

Happy Monday! Guess what?

Experts agree that if you implement a habit-related action on Monday, you're more likely to stay committed to that habit for the rest of the week!!

TODAY sets the tone for the week – no excuses!

4 MINUTE fat blasters are a GREAT first step towards weight loss and will keep burning up fat up to 24 hours!

Starting slow and taking small steps are what will help us stick with a program!

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**4-MIN FAT BLASTER
WORKOUT CHALLENGE**

	HIGH KNEES	30 SECS
	BEGINNER PUSH UPS	30 SECS
	DUMBBELL PUNCHES	30 SECS
	DUMBBELL SHOULDER PRESS	30 SECS

#MOVEITMONDAY

FACT: Mondays are better when you work out!

Exercising releases endorphins, the “feel good” hormones that make you smile!


If you’re battling Monday blues, a quick workout is just what you need!

Get ready for a thigh toning and fat burning workout!

TIPS: Perform each exercise for 20 seconds. Rest 10 seconds after each exercise. Complete the routine 2 times.

#MoveItMonday #quickworkouts





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**4-MIN THIGH FIRING
WORKOUT CHALLENGE**

	SUMO SQUAT	20 SECS
	GLUTE BRIDGE MARCH	20 SECS
	WALL SIT	20 SECS
	ALTERNATING SIDE LUNGES	20 SECS

#MOVEITMONDAY

You don't need a new year to make a change...

All you need is a MONDAY!

Fitness rule #1: NEVER skip Mondays!

Make this the week you change your life!

TIP: Repeat entire circuit 3 times!

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8-MIN FLAT TUMMY WORKOUT CHALLENGE

	LEG TREE CLIMB	15 REPS
	BUTTERFLY CRUNCH	15 REPS
	PLANK RAINBOW	15 REPS
	PLANK OBLIQUE CRUNCH	15 REPS
	SCISSOR KICKS	15 REPS

#MOVEITMONDAY

Tuesday

It's Tuesday! Eating a healthy, balanced diet is one of the most important things you can do to protect your health.

Are you incorporating these easy & tasty foods into your diet to improve your cardiovascular health?

Drop a "♥" in the comments below if you already do!

- Salmon: packed with heart-friendly omega-3 fats, which have a blood-thinning effect and regulate heart rhythms.
- Spinach: Rich in Vit B, which plays a huge role in promoting narrowing of the arteries
- Avocado: Amazing source of potassium, which makes it useful for healthy blood pressure.
- Dark chocolate: Contains heart protective antioxidants called flavonols, which is shown to lower blood pressure and improve blood flow to the heart.

FOODS FOR HEALTHY HEART

SALMON

SPINACH

AVOCADO

DARK CHOCOLATE

#FIT TIP TUESDAY

180 EFFECTIVE

#fittiptuesday #Effective180 #fuelyourself #dietchip #healthymenu #healthyfood #fitnessnutrition #healthyliving #healthyfood #weightloss #fitnessmotivation #healthyliving #healthyeating #health #eat #dietplan #healthyfoodinspiration #healthycooking #mealprepping #nutritionadvice #healthyfoodtips #healthyfoodguide #healthyfoodinspo #healthyfoodpost #nutritiousanddelicious #gymfood #fitnessfoods #workouttips#makeithappen #healthyhabits #healthymom #fitnessjourney #momlife #healthyeating #noexcuses #athomeworkout #quarantineworkout

One of the rare sights in a gym is someone leaning on a wall with their feet firmly on the floor and knees held at 90° to the floor.

But did you know wall sits provide you lots of benefits?

Drop a "♥" in the comments below if you're burning calories with a wall sit today!

#Effective180 #fittiptuesday
#fittip #gymtime #fitnesstips
#workouttips #fitnessgym
#befitmotivation
#personaltrainertoronto
#personaltrainingonline
#onlinepersonaltrainer
#onlinepersonaltraining
#personaltrainingservices
#workoutprograms

#workoutprogram #workout #workouts #fitnesspro #gymmotivation #fitnesslifestyle #gymtips
#healthylifestyle #fitnesstips #fitspiration #workoutroutines #fitmomgoals #homeexercise
#workoutmotivation #fitnessroutine #makeithappen #healthyhabits #healthymom
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WALL SIT DAILY FOR 5 MINUTES

IMPROVES MUSCLE STRENGTH
SHARPENS YOUR FOCUS
IMPROVES STAMINA

HELPS RELIEVE STRESS
BURNS CALORIES
WORKS YOUR ENTIRE LOWER BODY



It's Tuesday – stock up your fridge with these nutrient-filled foods that will help you trim your belly and FIRE UP your fat loss!

Drop a “♥” in the comments below if you love these foods! Which is your favourite?

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#healthyeating #health #eat
#dietplan #healthyfoodinspiration
#healthycooking #mealprepping
#nutritionadvice #healthyfoodtips
#healthyfoodguide
#healthyfoodinspo
#healthyfoodpost
#nutritiousanddelicious #gymfood #fitnessfoods #workouttips#makeithappen #healthyhabits
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FOODS FOR FAT LOSS

HIGH VOLUME

"0" CALORIES

LEAN PROTEIN

HIGH FIBRE

#FIT TIP TUESDAY

Tuesday Tip Time!

FIT TIP: Pushing hard all the time is a bad strategy for reaching your fitness goals!


What should be in your 80%?

- 🥕 Vegetables (steam, saute, roast or grill)
- 🌾 Whole grains (oatmeal, popcorn, quinoa, brown rice)
- 🥛 Dairy (fat-free milk, yogurt, soy)
- 🐔 Protein (beef, chicken, fish, beans, peas, nuts, soy and eggs)

Drop a "♥" in the comments below if you love to treat yourself!

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#nutritionadvice #healthyfoodtips #healthyfoodguide #healthyfoodinspo #healthyfoodpost
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#FIT TIP TUESDAY

FOLLOW THE 80/20 RULE

*EAT HEALTHY 80% OF THE TIME.
INDULGE OCCASIONALLY, BUT MAKE SURE
MOST OF YOUR CHOICES
ARE HEALTHY.*



Wednesday

It's Wednesday – time for some willpower!

There is no elevator to success. You HAVE to take the stairs!

The sweat, the time, the dedication - IT PAYS OFF!

To all you beautiful, strong ladies - keep going, you are getting there!

#Effective180

#fitnessmotivation

#workoutmotivation

#Effective180 #WCW

#determination #fitspo

#sport #healthy #motivation

#fitspo #fitnessblogger

#fitnessquote #workhard

#trainhard

#girlswhoworkout

#dedication #proathletes #trainlikeapro #athletequotes #fitnessquotesthatinspire

#personaltrainer #determination #exercise #makeithappen #healthyhabits #healthymom

#fitnessjourney #momlife #noexcuses



**Everyone's dream
can come true
if you just
stick to it
and work hard.**

SERENA WILLIAMS,
PROFESSIONAL TENNIS PLAYER



Happy Wednesday!

Remember: If it doesn't
CHALLENGE you, it
doesn't CHAGE you!

The struggle you're in
today is developing the
strength you need for
tomorrow!

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***If everything was
going smoothly
you would never
build character.***

MARIA SHARAPOVA,
PROFESSIONAL TENNIS PLAYER



Happy Woman Crush
Wednesday to all you
strong ladies!

We are already halfway
through the week –
keep going!

Your determination is
everything you need to
succeed!

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***I learned how much
determination
I have and that
no matter what the
score is, anyone can
come back.***

NATASHA HASTINGS,
TRACK AND FIELD WORLD CHAMPION



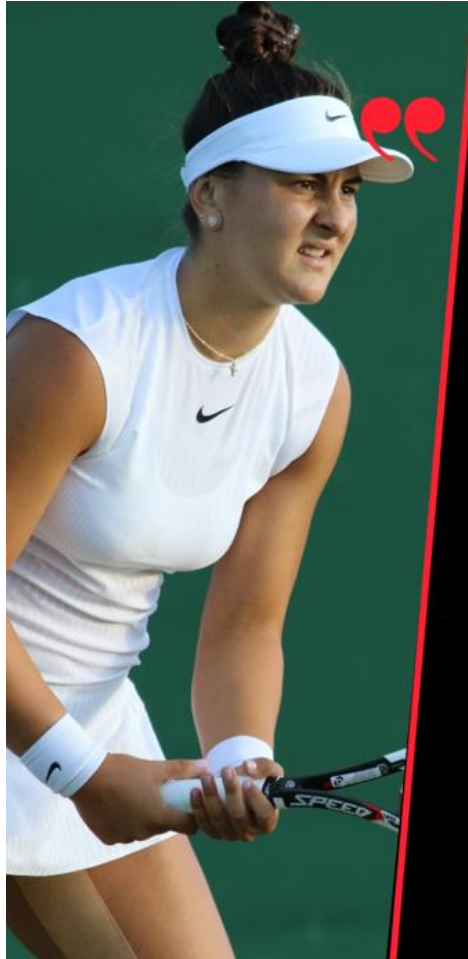
It's #WCW! Remember: You don't find willpower. You create it.

If you are persistent, you will get it. If you are consistent, you will keep it!

Do something TODAY that your FUTURE self will thank you for!

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**Everyone's dream
can come true
if you just
stick to it
and work hard.**

BIANCA ANDREESCU,
CANADIAN PROFESSIONAL TENNIS PLAYER



Friday

DID YOU KNOW?

LEMON WATER BENEFITS:

- 🍹 WEIGHT LOSS: Can increase feelings of fullness and boost metabolism slightly, which can help with weight loss
- 🍹 MENTAL HEALTH: Can optimize mood and memory
- 🍹 EXERCISE PERFORMANCE: Can improve athletic performance

Lemon water is a rich source of Vitamin C and plant compounds, which can enhance immune function, protect against various diseases and increase your absorption of iron.

#Effective180 #foodfact
#healthylifestyle #foodinspiration
#nutrition #food #foodfactfriday
#healthylife #weightlosstips #healthfirst #healthytips #dietplan #foodisfuel #fitnesstips
#cleanliving #fitfood #foodhack #healthy #healthylifestyle #nutriciousfood #nutritionfacts
#eatgoodfeelgood #fitnessfood #cleaneats #fitfoodie #nutritiontip #eatsmart #positivelife
#makeithappen #healthyhabits #healthymom #fitnessjourney #momlife #healthyeating
#noexcuses #athomeworkout #quarantineworkout



DID YOU KNOW?

Cayenne has been used in traditional medicine and “cleanse” drinks because of its active ingredient called “Capsaicin”!

Capsaicin can slightly raise your body temperature – meaning you’ll burn more calories!

HOW can you use cayenne pepper?

TRY THESE:

- 🌀 Add it to dips
- 🌀 Stir it into soups
- 🌀 Sprinkle it over baked chicken
- 🌀 Toss it over sauteed veggies
- 🌀 Make a chili oil

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BENEFITS OF CAYENNE PEPPER



BOOSTS METABOLISM
HELPS REDUCE HUNGER
MAY IMPROVE CIRCULATION
EASES COLD SYMPTOMS



#FOOD FACT FRIDAY

DID YOU KNOW?

Oranges are loaded with thiamin, which helps promote muscle growth, maintain a healthy nervous system and keep stamina levels running at their peak.

ORANGE BENEFITS:

- 🍊 Less muscle soreness after a workout
- 🍊 Subdues a grumbling stomach before a run
- 🍊 Helps muscles stay strong and repair themselves after a hard workout
- 🍊 Replaces collagen in muscle fibres that are broken down during exercise

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DID YOU KNOW?

Mint can be your secret weapon to weight loss! Have you discovered the magic of mint?

MINT BENEFITS:

- 🌿 Boosts digestion
- 🌿 Consumes fat and turns it into useable energy
- 🌿 Beats stress and depression
- 🌿 Sharpens your mind

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BENEFITS OF MINT



AIDS DIGESTION
AIDS WEIGHT LOSS
REGULATES MUSCLE RELAXATION
STIMULATES DIGESTIVE ENZYMES




#FOOD FACT FRIDAY

Sunday

It's finally Sunday!

Give life to yourself today and start your morning with a smoothie!

 Tip: The nutritious amount of fiber in bananas can help you feel fuller for longer! They're also a great source of magnesium, which helps maintain bone integrity and enable energy production!

You're only 5 minutes and 8 ingredients away from this refreshing and healthy banana smoothie!

#Effective180 #sundaysmoothies

#healthyrecipes #healthydrink

#healthyhabits #fitnessjourney

#lemonwater #fruit #wholefoods #healthylifestyle #yummy #fruits #food #delicious

#homemade #healthyfood #breakfast #banana #nutrition #cleaneating #itness #smoothies

#health #healthyfood #coldpressed #superfood #healthylifestyle #delicious #organic #yummy

#nourishyourbody #selfcare #bananasmoothie #smoothierecipe

SLIM DOWN BANANA SMOOTHIE

 **1/2 CUP PLAIN KEFIR**

 **1 TBSP CHIA SEED**

 **1/2 CUP PLAIN YOGURT**

 **1/2 CUP CHOPPED AVOCADO**

 **1 CUP ICE**

 **1 TSP VANILLA EXTRACT**

 **1 TSP HONEY**

 **1 SMALL RIPE BANANA**



#SUNDAY SMOOTHIE

Happy Sunday everyone!

Looking for a way to scale back on sweets? This detox smoothie is just what you need!

Serve yourself a smoothie today – this beverage is mother-nature approved!

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QUICK DETOX SMOOTHIE

- 1 TBSP APPLE CIDER VINEGAR
- 1 TBSP LIME JUICE
- 1 TBSP HONEY
- 1 CUP VANILLA GREEK YOGURT
- 1 MEDIUM RIPE AVOCADO
- 2 CUPS FRESH SPINACH
- 1 PEELED PEAR, CHOPPED
- 15 GREEN GRAPES
- 1/2 CUP ICE CUBES



#SUNDAY SMOOTHIE

Sunday is FINALLY here!!
Remember to practise self-care!

A juice a day keeps the body in
play!

Boost your health with this
delicious, superfood-based
smoothie!

Have you ever had a purple
smoothie before? Let us know in
the comments below!

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IMMUNITY BOOSTING SMOOTHIE

- $\frac{1}{2}$ CUP COCONUT KEFIR
- 1 CUP FROZEN BERRIES
- 1 KIWI FRUIT
- $\frac{1}{2}$ CUP ALMOND MILK
- 1 SCOOP BERRY PROTEIN POWDER
- 1 TSP ACAI POWDER
- 1 CUP ICE



#SUNDAY SMOOTHIE

It's Sunday SMOOTHIE time!!

Feeling fruity? Give life to yourself today – good mornings start with a smoothie!

Do your kids love berries in their smoothies, too? Let us know in the comments! 🍓

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BREAKFAST ENERGY SMOOTHIE

2 CUPS ORANGE JUICE

1 CUP YOGURT

2 CUPS MIXED BERRIES

1/2 TSP VANILLA EXTRACT

1 SCOOP BERRY PROTEIN POWDER

1 HANDFUL OF ICE CUBES



#SUNDAY SMOOTHIE