

# BALANCE WELLNESS STUDIO

## JUNE WELLNESS CHALLENGE



- Pick A Challenge
- Set Your Goals
- Track Your Progress
- Boost Your Efforts\*
- Win Prizes\*

\*Class Passes, Workshop Registrations, Private Movement Sessions, Personal Service Appointments, Retail Items



### PICK A CHALLENGE

GET OFF THE COUCH

TRY SOMETHING NEW

TURN IT UP A NOTCH

### SET YOUR GOALS

- Commit to a Movement Frequency Goal
- Set a Movement Training Goal
- Set a Cardio, Strength, and/or Nutrition Goal

- Commit to Weekly Class 1-2x/week
- Set a Time or Distance Cardio Goal
- Reduce 1 "bad" thing + Add 1 "Good" Thing to your diet or habits

- Try a New Class or Workshop
- Try a New Activity Outside the studio
- Try a New Food or Habit Concept (like Meatless Mondays)

- Try "All of the Things!"
- Create a Training Goal + Plan
- Set an Focused Nutrition Goal or Habit (counting macros, etc)

### TRACK YOUR PROGRESS

- Join MyFitnessPal and/or MapMyFitness and friend Neely (nwhunter) and/or Megan (mhiggy90)
- Post Challenge Pics on Social Media using #BalanceSSChallenge and #GetOffTheCouch, #TrySomethingNew, or #TurnItUpANotch in the description
- Fill Out Your Challenge Card, Check in with our Participant Community, Sign-up for Pre & Post Assessments\* with Megan
- Participate self-guided for free or for \$15 be eligible for assessments, package specials, and successful completion prizes

### BOOST YOUR EFFORTS

- Save 10% off a Personal Training Session + Class Pass + Nutrition Consultation + 15% off Retail

- Save 12.5% off Package 1 + Additional Private Session or Workshop Registration

- Save 15% off Package 2 + Additional Private Movement or Personal Service Session