



2020 CLAFitness.com 20/20 in 2020!

The challenge: For 20 consecutive days, take 20 minutes to move! You can choose any activity to count for movement.

Card available to download: <https://www.coachlesley.com/2020challenges.html>

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How to play: Pick a day you'll start. Mark that day off with the activity you did. Continue for 20 days. You can start on any day. You get ONE day as a free day if you need it. Choose wisely.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Coaching Life's Adventures

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#CLAFitness2020in2020

How it works: Pick a date to start and then you have 20 days. The goal is to do 20 minutes of planned activity every day. This challenge movement will end February 29, 2020. The last day to start the challenge (to end 20 days later) is February 10th, 2020.

What counts? Anything and everything. The list is endless:

Weightlifting. Core Work. Glute Work. Mobility. Stretching. Yoga. Barre Class. Dancing. Biking. Swimming. Aqua Jogging. Skiing. Horseback Riding. Hiking. Playing tag with the kids. Rowing. Stair Climbing. Jumping Jacks. Walking. Jump Rope. Basketball. Canoeing. PickleBall. Ice Skating. Hula Hooping. Elliptical. Aerial Yoga. Shoveling Snow. You-Know-What-ing. Running. Rock Climbing. Brisk Dog Walking. Juggling. Zumba. HIIT Training. Spinning. Pilates. Flying Trapeze. Pole Dancing. Twister. Curling. Bowling. Bubble Soccer. Team Sports. Sledding. Cross Country Skiing. Snowshoeing. Surfing. Paddleboarding. Frisbee.

The Goal: Quite frequently, people get hung up in trying to get in a workout and bail when they can't get a "full" workout in. Or people get their workout in and then barely move the rest of the day. Anything and everything counts for movement and it's what your body wants! Plan your day, see what you can do and have fun trying out new things! Mix it up! If you find something challenging and hard one day, try something easier and lower intensity the next day. Break out of your rut! Don't forget, Coach Lesley offers a variety of strength, core, mobility and stretching routines on the [CLAFitness YouTube channel](#). Don't forget to subscribe!

What do you get? We hope you use this challenge to establish a habit of movement. Learn new things. Explore. Play! Movement keeps you healthy in mind and body. There is no prize associated with this challenge except bragging rights!

Tell us about it! Please **POST** a photo of your in-progress card to **FACEBOOK** @CoachLesley.comLLC or **INSTAGRAM** @cla.fitness **and add tag:** #CLAFitness2020in2020

The fine print: As always, please use common sense and caution when doing any exercises. To reduce and avoid injury, check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. CLAFitness.com dba CoachLesley.com will not be responsible or liable for any injury or harm you sustain as a result of our fitness program, online fitness videos, or information shared on our website.