

# RESOURCE GUIDE

## *Fitness*

One of the goals of The Fresh 180 is to provide you the means to permanently change your health and wellness. With this Fitness Pillar Resource Guide you have all the tools you need at your fingertips to keep moving and fueling your body.

EXERCISE	MOTIVATION	EATING FOR FITNESS
<ul style="list-style-type: none"> <li>• <a href="#">5 Minute Workout</a></li> <li>• <a href="#">7 Minute Workout</a></li> <li>• <a href="#">10 Minute Workout</a></li> <li>• <a href="#">Fitness Challenge Video</a> and <a href="#">Worksheet</a></li> <li>• <a href="#">Every Day Health Tracker</a></li> <li>• <a href="#">Build a Fitness Routine Video</a> and <a href="#">Worksheet</a></li> <li>• <a href="#">Exercise Equipment Resources</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Positive Body Talk</a></li> <li>• <a href="#">Every Day Health Tracker</a></li> <li>• <a href="#">Fitness Truth</a></li> <li>• <a href="#">Fitness Morning Habits</a></li> <li>• <a href="#">Creating and Active Lifestyle</a></li> <li>• <a href="#">Words of Encouragement</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Proteins</a></li> <li>• <a href="#">Eating For Fuel</a></li> <li>• <a href="#">Exercise Recovery</a></li> <li>• <a href="#">Electrolytes</a></li> <li>• <a href="#">BLD Mash-up</a></li> <li>• <a href="#">Night Snacking</a></li> </ul>