

# THE ROAD TO WELLNESS



Presented By: TUFTS Health Plan

# June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>For days without a workout do something active!</b>                      Ex: Swim, walk, bike ride, yoga, anything non-impact</p>	<p><b>Every accomplishment starts with the decision to try</b></p>	<p>For day with:  </p>	1 	2 	3 	4 
5 	6 	7 	8 	9 	10 	11 
12 	13 	14 	15 	16 	17 	18 First Clinic with Gael
19 <p><b>You are never too old to set a new goal</b></p>	20 Yoga @6PM at Dorchester Park every Mon.	21 Run 10-15 min	22 Line dancing every Wed@ 6:30PM at Refectory Park	23 Run 10-15 min	24 Yoga @ 1PM every Friday at Clifford Park	25 <p><b>If you are waiting for the right time it's now!</b></p>
26 1 Mile run	27	28 Run 15 min	29 Family Fitness every Wed @ 6:30PM at Franklin Park	30 Run 15 min		

EMBRACE YOUR JOURNEY 5K WALK/RUN

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# July 2016

EMBRACE YOUR JOURNEY 5K WALK/RUN



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>For days without a workout do something active!</b>  <b>Ex: Swim, walk, bike ride, yoga, anything non-impact</b></p>	<p>Yoga @6PM at                      Dorchester Park every                      Mon.</p>	<p><b>Do not give up                      the beginning                      is                      always the                      hardest.</b></p>	<p>Line dancing every                      Wednesday @ 6:30PM                      Refectory Park                      Family Fitness every                      Wed @ 6:30PM at                      Franklin Park</p>		<p>1                       Yoga @ 1PM every Fri-                      day at Clifford Park</p>	<p>2   <b>Goals are                      dreams with                      deadlines</b></p> 
<p>3                       Run 1.5 miles</p>	<p>4                       Happy Fourth!</p>	<p>5                       Run 15-20 min</p>	<p>6</p>	<p>7                       Run 15-20 min</p>	<p>8</p>	<p>9                       Training Clinic @                      Franklin park</p>
<p>10   <b>Strive for progress not                      perfection</b></p> 	<p>11</p>	<p>12                       Run 20-25 min</p>	<p>13</p>	<p>14                       Run 20-25 min</p>	<p>15</p>	<p>16   <b>Train hard to                      race easy</b></p> 
<p>17                       Run 2 miles</p>	<p>18</p>	<p>19                       Run 25-30 min</p>	<p>20</p>	<p>21                       Run 25-30 min</p>	<p>22</p>	<p>23                       Training Clinic @                      Franklin park</p>
<p>24   <b>Decide                      Commit                      Succeed</b></p> 	<p>25</p>	<p>26                       Run 30 minutes</p>	<p>27</p>	<p>28                       Run 30 minutes</p>	<p>29</p>	<p>30   <b>Run to be                      fierce.</b></p> 
<p>31                       Run 3 miles</p>						

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# August 2016

EMBRACE YOUR JOURNEY 5K WALK/RUN



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>The most important thing is to keep trying</p>	<p>1 Yoga @6PM at Dorchester Park every Mon.</p>	<p>2 Run 30 minutes</p>	<p>3 Line dancing every Wednesday @ 6:30PM at Refectory Park Family Fitness every Wed @ 6:30PM at Franklin Park</p>	<p>4 Run 30 minutes</p>	<p>5 Yoga @ 1PM every Friday at Clifford Park</p>	<p>6 Training Clinic @ Franklin park</p>
<p>7 It hurts to continue but it hurts so much more to stop</p>	<p>8</p>	<p>9 Run 30 minutes</p>	<p>10</p>	<p>11 Run 30 minutes</p>	<p>12</p>	<p>13 It never get's easier you just get stronger.</p>
<p>14 Run 3.5 miles</p>	<p>15</p>	<p>16 Run 30 minutes</p>	<p>17</p>	<p>18 Run 30 minutes</p>	<p>19</p>	<p>20 Training Clinic @ Franklin park</p>
<p>21 One run can change your day</p>	<p>22</p>	<p>23 Run 30 minutes</p>	<p>24</p>	<p>25 Run 30 minutes</p>	<p>26</p>	<p>27 Training Clinic @ Franklin park</p>
<p>28 You are stronger then you think</p>	<p>29</p>	<p>30 Run 30 minutes</p>	<p>31</p>			

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# September 2016



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Run fast, run slow. Run far, run close. Just run.</p>				<p>1 Run 30 minutes</p>	<p>2  Yoga @ 1PM at Clifford Park (last one!)</p>	<p>3 Training Clinic @ Franklin park</p>
<p>4 Believe in yourself</p>	5	<p>6 Run 30 minutes</p>	7	<p>8 Run 30 minutes</p>	9	<p>10 RACE DAY!!</p>
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	