





THE ROAD TO WELLNESS



June 2016



Presented By: TUFTS Health Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For days without a workout do something active! Ex: Swim, walk, bike ride, yoga, anything non-impact</p>		<p>For day with:</p> 	1	2	3	4
5	6	7	8	9	10	11
12	13	<p>14</p>  <p>Zumba @6PM Gertrude Howes Playground every Tuesday!</p>	15	16	<p>17</p> <p>Every accomplishment starts with the decision to try</p>	<p>18</p> <p>First Clinic with Gael</p>
<p>19</p> <p>You are never too old to set a new goal</p> 	<p>20</p> <p>5 min warm-up walk. 60 sec jogging then 90 sec walking for a total of 20 mins.</p>	21	<p>22</p> <p>5 min warm-up walk. 60 sec jogging then 90 sec walking for a total of 20 mins.</p>	23	<p>24</p> <p>5 min warm-up walk. 60 sec jogging then 90 sec walking for a total of 20 mins.</p>	25
<p>26</p> <p>If you are waiting for the right time it's now!</p> 	<p>27</p> <p>5 Min warm-up Walk 90 sec Jogging then 2 mins of Walking for a total of 20 mins.</p>	28	<p>29</p> <p>5 Min warm-up Walk 90 sec Jogging then 2 min of Walking for a total of 20 mins.</p>	30		

EMBRACE YOUR JOURNEY 5K WALK/RUN

THE ROAD TO WELLNESS



POWERED BY THE DIMOCK CENTER HOODFIT B.A.R.

July 2016

EMBRACE YOUR JOURNEY 5K WALK/RUN



Presented By: TUFTS Health Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For days without a workout do something active! Ex: Swim, walk, bike ride, yoga, anything non-impact</p>	<p>Do not give up the beginning is always the hardest.</p>	<p>Zumba @6PM Gertrude Howes Playground every Tue. LunchTime Groove at @12:15PM at Elmherst Park every Tue.</p>		<p>Evening Groove @6:30 PM every Thur. at Elmherst Park</p>	<p>1 5 Min warm-up Walk 90 sec jogging then 2 min of walking for a total of 20 min</p>	<p>2</p>
<p>3 Goals are dreams with deadlines</p>	<p>4 Happy Fourth!</p>	<p>5</p>	<p>6 5 Min warm-up Walk [(Jog 90 sec, walk 90 sec) Jog 3 min, walk 3 min]] x2</p>	<p>7</p>	<p>8</p>	<p>9 Training Clinic @ Franklin park</p>
<p>10 Strive for progress not perfection</p>	<p>11 5 Min warm-up Walk [(Jog 90 sec, walk 90 sec) (Jog 3 min, walk 3 min)]</p>	<p>12</p>	<p>13 5 Min warm-up Walk [(Jog 90 sec, walk 90 sec) (Jog 3 min, walk 3 min)] x2</p>	<p>14</p>	<p>15 5 Min warm-up Walk [(Jog 3 min, walk 90 sec) (Jog 5 min, walk 2.5 min)] X2</p>	<p>16</p>
<p>17 Train hard to race easy</p>	<p>18 5 Min warm-up Walk [(Jog 3 min, walk 90 sec) (Jog 5 min, walk 2.5</p>	<p>19</p>	<p>20 5 Min warm-up Walk [(Jog 3 min, walk 90 sec) (Jog 5 min, walk 2.5 min)] X2</p>	<p>21</p>	<p>22</p>	<p>23 Training Clinic @ Franklin park</p>
<p>24 Decide Commit Succeed</p>	<p>25 5 Min warm-up Walk (Jog 5 min, Walk 3 min) X3</p>	<p>26</p>	<p>27 5 Min warm-up Walk (Jog 8 min, walk 5 min) X2</p>	<p>28</p>	<p>29 5 Min warm-up Walk (Jog 20 minutes with no walking)</p>	<p>30</p>
<p>31</p>						

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August 2016



Presented By: TUFTS Health Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For days without a workout do something active! Ex: Swim, walk, bike ride, yoga, anything non-impact</p>	<p>1 5 Min warm-up Walk [(Jog 5 min, walk 3 min) (Jog 8 min, walk 3 min) (Jog 5 min)]</p>	<p>2 Zumba @6PM Gertrude Howes Play-ground every Tue. LunchTime Groove at @12:15PM at Elmherst Park every Tue.</p>	<p>3 5 Min warm-up Walk [(Jog 10 min, Walk 3 min, Jog 10 min)]</p>	<p>4 Evening Groove @6:30 PM every Thur. at Elmherst Park</p>	<p>5 The most important thing is to keep trying</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 5 Min warm-up Walk (Jog 22 min, no walking)</p>	<p>9</p>	<p>10 5 Min warm-up Walk (Jog 25 min, no walking)</p>	<p>11</p>	<p>12 5 Min warm-up Walk (Jog 25 min, no walking)</p>	<p>13</p>
<p>14 It never get's easier you just get stronger.</p> 	<p>15 5 Min warm-up Walk (Jog 25 min, no walking)</p>	<p>16</p>	<p>17 5 Min warm-up Walk (Jog 28 min, no walking)</p>	<p>18</p>	<p>19</p>	<p>20 Training Clinic @ Franklin park</p>
<p>21 One run can change your day</p> 	<p>22 5 Min warm-up Walk (Jog 28 min, no walking)</p>	<p>23</p>	<p>24 5 Min warm-up Walk (Jog 28 min, no walking)</p>	<p>25</p>	<p>26</p>	<p>27 Training Clinic @ Franklin park</p>
<p>28 You are stronger than you think</p> 	<p>29 5 Min warm-up Walk (Jog 30 min, no walking)</p>	<p>30</p>	<p>31 5 Min warm-up Walk (Jog 30 min, no walking)</p>			

EMBRACE YOUR JOURNEY 5K WALK/RUN

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EMPOWERED BY THE **DIMOCK CENTER** **HOODFIT** 

September 2016

EMBRACE YOUR JOURNEY 5K WALK/RUN



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For days without a workout do something active! Ex: Swim, walk, bike ride, yoga, anything non-impact</p>			<p>Run fast, run slow. Run far, run close. Just run.</p>	1	2	<p>3 Training Clinic @ Franklin park</p>
<p>4 I run to be fierce.</p> 	<p>5 5 Min warm-up Walk (Jog 30 min, no walking)</p>	6	<p>7 5 Min warm-up Walk (Jog 30 min, no walking)</p>	8	<p>9 Believe in yourself</p>	<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	