



KEELEYLIFE

F IS FOR FITNESS

Looking to begin your fitness journey or support your current activity?

Start your own F is for Fitness journey with this month-long challenge - **There's a level for everyone**, whether you're new to fitness or have an established routine!!



CHOOSE A TIER

For this challenge, we offer TWO different tiers to choose from! Each day, you will get as many reps as possible of one exercise.

High Intensity  Low Intensity



Here's an example:



High-intensity may include froggers (a burpee without the jump)!

Low-intensity may include standard squats!

HOW DOES IT WORK?



Your calendar for the week shows you all the exercises, targeting all major muscle groups.



Your goal? Get as **many reps as possible** of the daily exercise, making sure to stop before your form fails!



Upon completion, you check off a "KeeleyLife Challenge" on your KeeleyLife Passport!



Questions? Ask KeeleyLife Coach Melissa Swank!
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