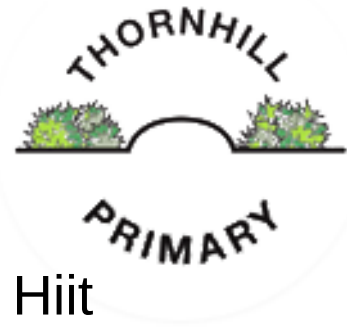


14 DAY GET HEALTHY & FIT PLAN

WEEK ONE



DAY 1



Today we are doing a 20 Minute Home Hiit Workout - this is a total body workout and ticks every box for, health, fitness and weight loss.

DAY 2



Today is a quick one as it is just 7 Minutes by trust me this works and burns lots of calories and will make your heart fit and strong.

DAY 3



Today we are going on an 1 Mile walk - this fun virtual walk in your front room is going to leave you feeling fabulous.

DAY 4



Today we are just doing a 10 Minute Hiit session, you are going to see just how fit and awesome you are by doing this workout.

DAY 5



Today we are going to look at working your core, this will also be great for your balance and flexibility.

DAY 6



Today we are off on another 1 mile walk and this one has a few hills to really increase your calorie burn.

DAY 7



Today is just 7 minutes and this super short workout targets all your major muscles so we get a full body workout in a quick session.

EVERY DAY INVEST IN YOUR HEALTH