

Stepping Out to Fitness

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p>Document your activity each day with the length of time/reps.</p>			

Share your fitness log with events@elderwerks.org at the end of the month for a chance to win prizes.

 Advocate Good Shepherd Hospital

 **Home Instead.**
To us, it's personal

 **Golden Oak**
PERSONAL TRAINING

 **THE WELLSHIRE**
LINCOLNSHIRE