

Dancing from the inside out!
21DAY FITNESS CHALLENGE
January 4-25, 2021



Name: _____

My goal for 21 days

Rewards for achieving your goal complete below. Each day of the week that you reach your goal, check off a box in the corresponding week/row. If you do well that week, enjoy a healthy reward of your choice, indulge, and congratulate yourself on your achievement!

PRINT THESE SHEETS FOR YOUR REFERENCE AND NOTES!

Good Luck!

	M	T	W	T	F	S	S
Week 1							
Week 2							
Week 3							

Would you like to challenge yourself with moving every day?

The **goal of the 21-Day Daily Movement/ Fitness Challenge** is to kick-off your fitness routine by adding some sort of physical movement every day such as Essentrics stretching, walking, dancing, running, swimming, bike riding, sports and doing what you like to do! You will get healthier and more energized; fitness will become a living part of your daily routine. You will have integrated stretching and physical activities into your new lifestyle in 2021!

Are you ready to unleash the superpower of daily movement, stretching, dancing and exercise?

WHAT ABOUT THE SCIENCE?

You will learn the science of physical movement and why it is so important. You will learn the benefits of movement and that your life depends on it! You will learn the why behind the what of doing this challenge. You will develop a new routine to follow every day. You will change your body and change your life. And best of all, you will be more fit and in shape in 2021!

The recommendations for healthy adults, from the [World Health Organization](#) is at least 150 minutes of moderate-intensity aerobic physical activity (think brisk walking) or at least 75 minutes of vigorous-intensity aerobic physical (think running) accumulated through a week. You can get your heart rate up doing Essentrics stretches and/dancing getting your cardiovascular system activated and you may even sweat.

Every day I will offer a video. The video will include an Essentrics Stretch (strengthening the muscles by lengthening them) doing strength training using your own body as weight, resistance, and as levers.

As a dancer I must put a plug in for dance!!! Dancing is also a good form of movement which improves and encourages brain and mental health, strength and endurance, stamina, works heart and lungs, improves coordination, makes stronger bones, extends muscles is creative and fun!

You choose some sort of physical activity to do for 20-30 minutes a day.

Here are some of the benefits you may experience:

- A healthy new lifestyle
- Boost your immunity!
- Look and Feel younger
- Create a **daily exercise routine**
- Feel **happier and endorphin release**
- **Reduce and relieve stress** and anxiety
- Experience more **energy and flexibility and mobility- the key to staying young!**
- Boost metabolism and **lose weight**
- Improve **brain function and memory**
- Improve **sleep quality**

NOW YOU ARE READY FOR THE CHALLENGE!!!

1. Choose a goal you want to reach every day. A good example is setting a time and activity and doing your goal the same time every day.
2. Think of twenty-one rewards that you would like to pick and choose from as you accomplish your goals.
3. Print sheets.
4. Each day of the week that you reach your goal, check off a box in the corresponding week/row. And write on the lines above for the DAY 1....21.
5. Good luck! YOU WILL DO AWESOME!!!

WRITE IN YOUR JOURNAL HERE EVERY DAY!!
ACCOUNTABILITY IS KEY IN YOUR SUCCESS!!!

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21



Arielle Giordano Author, Speaker, Lifestyle Coach, Professional Dancer & Certified Essentrics Instructor. Contact Arielle for a free 30-minute consultation at 813-545-7173
www.dancingfromtheinsideout.com Email: agbeautifuldance@gmail.com