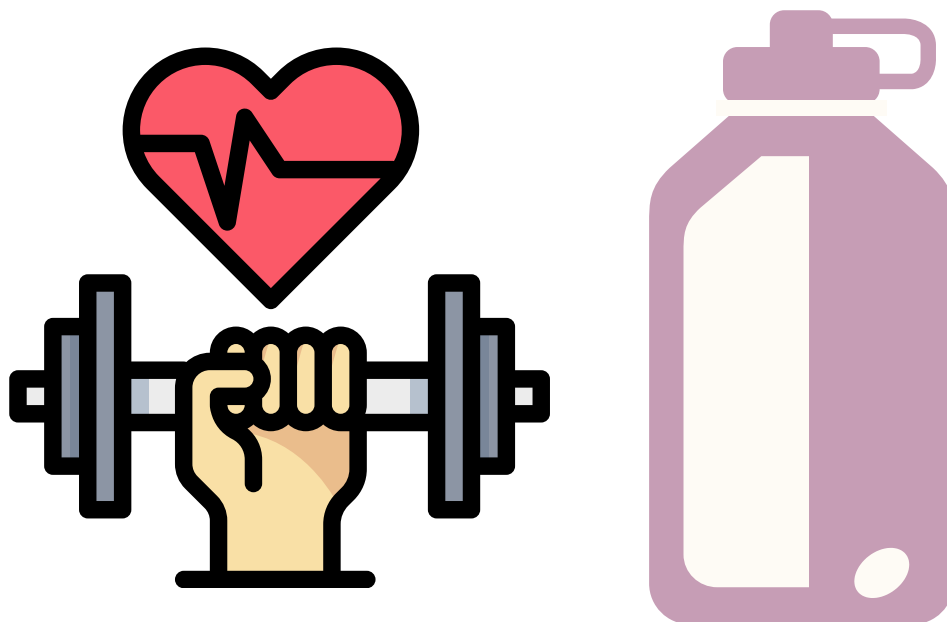




# SPARTAN SELF-CARE CORNER

## PHYSICAL



## SELF-CARE

Show your body some TLC by exercising, eating wholesome meals, and getting enough sleep.



Think of an activity you enjoy doing that makes you feel good and gets you moving.

Beat the "Quarantine Fifteen" and any blues you might be feeling by making small changes that your body will thank you for.

## Examples of Physical Self-Care

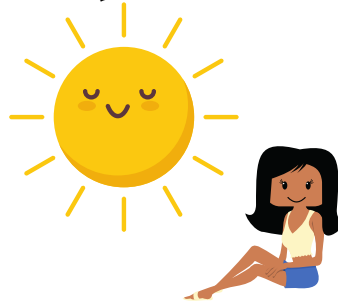
Get your body moving (even just 30 minutes a day)



Swap foods for healthier alternatives



Soak up some Vitamin D



Take a break when you need it.



## Check this out!

Workout Playlists:

[Click here](#) for Classic Rock

[Click here](#) for Hip Hop



Water Intake Tracker  
[Templates](#)

This [article](#) provides helpful links to workouts you can stream from home.

## DO YOU WANT TO BEAST BEFORE YOU FEAST? TRY THIS QUICK WORKOUT!

### GOBBLE TILL YOU WOBBLE

- \* 60 SECOND JOG IN PLACE
- \* 30 ALTERNATING WALKING LUNGES
- \* 10 JUMP SQUATS
- \* 15 BURPEES
- \* 60 SECOND HIGH KNEES
- \* 20 PUSHUPS
- \* 30 BICYCLE CRUNCHES
- \* 30 CALVE RAISES
- \* 60 SECOND SCISSOR KICKS
- \* 20 SUMO SQUATS
- \* 60 SECOND PLANK
- REPEAT -



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Roses are red  
Violets are blue  
Thank you Spartan Family  
for all that you do!