



31 DAYS
TO FIT

31 DAYS TO FIT JANUARY PROGRAMME 1ST – 31ST JANUARY 2017

Here is your ultimate guide to staying fit and healthy for the next 31 days. Pop on your fridge, your desk, or your bathroom mirror and tick off each day:

01 Hangover be gone! Try Hemsley and Hemsley's breakfast recipe <input type="checkbox"/> / SUN	02 The Monday Challenge: record your progress Burpees Plank Tuck Jumps Press ups 1 mile run time / MON	03 Bust a move with Body by Simone , cult LA trainer to the stars <input type="checkbox"/> / TUE	04 REST Plan your healthiest year on the blog with Rhian from Psyce <input type="checkbox"/> / WED	05 Sculpt a lean body with modelFIT , LA and NY's top studio <input type="checkbox"/> / THURS	06 Get sweaty with Chiara's 40 minute HIIT <input type="checkbox"/> / FRI	07 Tone and stretch at power yoga with Charlie Morgan + Candice Kumai's clean green eats <input type="checkbox"/> / SAT
08 REST Learn why you should change your breathing with the Breathing Tree <input type="checkbox"/> / SUN	09 The Monday Challenge: record your progress Burpees Plank Tuck Jumps Press ups 1 mile run time / MON	10 Sculpt your abs and bum with The Food Medic's quick fix workout <input type="checkbox"/> / TUE	11 REST Chill with a Rude Health breakfast recipe and Tumeric Latte cuppa <input type="checkbox"/> / WED	12 Work that butt with modelFIT , LA and NY's top studio <input type="checkbox"/> / THURS	13 Try Lauren Taus' yoga class with a difference <input type="checkbox"/> / FRI	14 Take the calorie busting glide workout with top London Studio Frame <input type="checkbox"/> / SAT
15 REST Relax with Julie Montagu's meditation video <input type="checkbox"/> / SUN	16 The Monday Challenge: record your progress Burpees Plank Tuck Jumps Press ups 1 mile run time / MON	17 Burn off the weekend with fitness influencer @SweatLife_NYC & NY's top fitness bloggers and trainers @kirstokesfit <input type="checkbox"/> / TUE	18 Take a bum-sculpting barre class with Paola's Body Barre <input type="checkbox"/> / WED	19 REST Cook green & lean with Honestly Healthy <input type="checkbox"/> / THURS	20 Dance it out with LA fave Body by Simone + Make Plenish's go-to detox juice <input type="checkbox"/> / FRI	21 Work out like a supermodel with modelFIT <input type="checkbox"/> / SAT
22 REST Read up on self-motivation on the blog with The Movemeant foundation Founder, Jenny Gaither <input type="checkbox"/> / SUN	23 The Monday Challenge: record your progress Burpees Plank Tuck Jumps Press ups 1 mile run time / MON	24 Experience New York's hottest yoga class with Y7 <input type="checkbox"/> / TUE	25 Tone that posterior with modelFIT <input type="checkbox"/> / WED	26 REST Your wellness guide from NEOM <input type="checkbox"/> / THURS	27 Get lean and strong with Cat Meffan's power yoga + Go plant-based with Sakara Life <input type="checkbox"/> / FRI	28 Work every muscle with Clean Eating Alice <input type="checkbox"/> / SAT
29 REST Meal prep for the week with Deliciously Ella <input type="checkbox"/> / SUN	30 Your strongest Monday challenge ever How did you progress? PB <input type="checkbox"/> / MON	31 Do the double. Take modelFIT class back to back + Sweaty gym face be gone with Whish Beauty <input type="checkbox"/> / TUE	HEAD TO SWEATYBETTY.COM/31DAYSTOFIT TO SEE MORE			

Share your progress with us!

Tag us as you're working out or making the recipes. Posts we love, will win.

#31DaysToFit



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@sweatybettyldn

