

# Shape Up for Summer Promotion!

This is a promotion to motivate you to step up your summer workouts and stay motivated during the hot and fun-filled summer!

Whether you would like to challenge yourself and work hard all summer, or just try it out to get feedback and make progress, this is a great way to take a detailed look at what you actually do on a daily basis. This is also a really great way to allow others with experience to provide you with feedback on fitness and nutritional information that can change your life forever!

Those who track nutritional information and log enough qualifying activities\* for at least 4 consecutive weeks during the summer will be eligible for drawings for free classes and other great prizes.

\*Eligible persons will log at least three 20-minute cardio sessions, two strength training sessions and one activity to boost flexibility each week.

\*\*Pilates and Yoga classes will qualify as both strength and flexibility activity

\*\*Both classes and other activities (biking outdoors, etc.) will qualify. All entries are on the honor/karma system!

A sample daily log is attached as a worksheet for your convenience

At the end of your four weeks (anytime between June 1 and August 31), bring in your log sheets for evaluation.

Don't be shy, and please be honest with your food intake. It can be scary at first, but can provide invaluable information for you. Also, be sure to consider condiments, added sugar, drinks (other than water) and all items that might be added to your food and beverages that you take for granted.

For additional information or assistance, contact Kristen at [info@generationsyoga.com](mailto:info@generationsyoga.com) or 727-688-9597.

Good Luck!

