

## WORKOUT

**Run ½ mile**  
**3-5 rounds**  
20 marching hip bridges  
20 dips  
20 spidermans  
20 plank jacks  
**Walk ½ mile**

## NUTRITION CHALLENGE

**Make a batch of sun tea (unsweetened)**  
**And enjoy a low calorie beverage in place of soda or other sugary drinks.**

See how long you can go without!

## HOMEWORK

**Lend a hand today,  
ask someone if they need help!**

Open a door. Help someone with their groceries.  
Offer to mow the neighbors grass. Buy the nice person behind you a coffee today!

#inspire #spreadjoy

## PICTURE PROOF

**SHARE @ [www.facebook.com/angiebottsfitness](http://www.facebook.com/angiebottsfitness)**

**Post a picture of a homemade meal from this week!**

#derbydaydash  
#cleaneats  
#prettyfood  
#angiebottsfitness  
#angiebottsfitnesschallenge