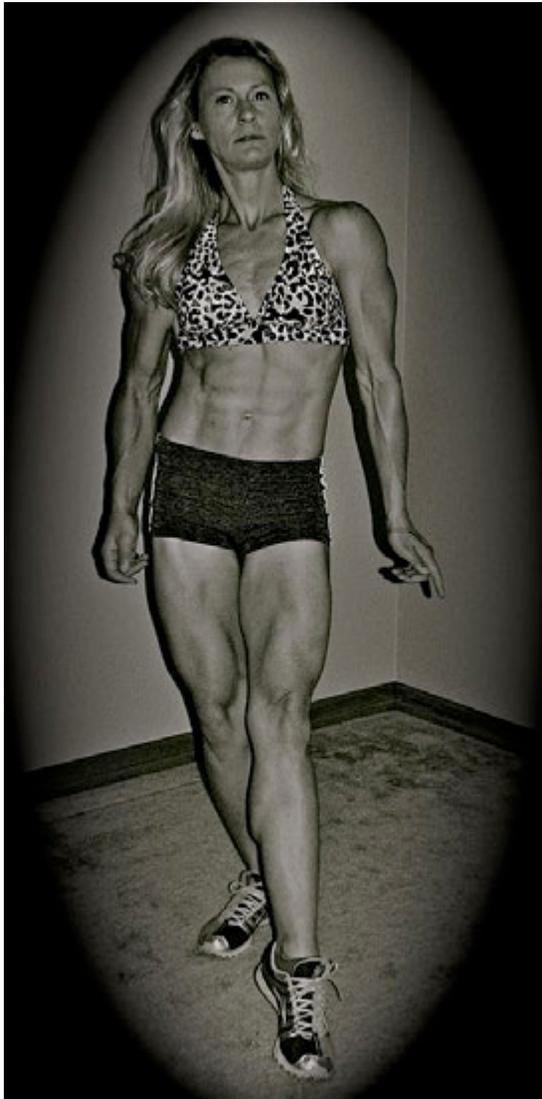


Alaska Strength & Muscle August Challenge "Exercising a Strong Core"

You will need ... 2, 1-hour sessions.... or more if you like

This one may seem like it's for the ladies but really we all use hygiene products and have personal areas (bathroom, bedroom, gym bag lol) that can use freshening up for both hygienic and mood enhancing reasons.



I recommend doing this on a day off and personally I prefer doing all shopping early in the morning ahead of the crowds.

Cleaning.... I have yet to have found a time of day that really excites me!

On your first 1-hour session go through your medicine cabinet, make-up/hygiene products and clothes closet. Discard make-up you have not touched in 6 months, Seriously!

Don't be stingy to discard. Collect outdated prescriptions and safely discard (ask you pharmacy). Make a list of needed items. Add at least 1 thing you've wanted to try like a new perfume/cologne. Go through your closet and donate at least 1 bag of clothes, seriously!

From here I like to do a deep clean but hey that might take a little longer so adjust according to your needs and schedule. If you have the money hire a cleaning service for a day, I'd imagine the cleaning is priceless. Personally that is not an option so I just think of cleaning as extra cardio and stretching. It works for me.

On your 2nd 1-hour session make a budget and go shopping. Even on a \$10 budget you can get something new for both the closet and bathroom. Even re-arranging or re-using things you already have in a new way can be equally refreshing and there are plenty of homemade recipes to make an inexpensive home spa to enjoy.

Now that sounds easy- right?

August Core Strength Challenge

Week 1 -

15 sit-ups
5 crunches
5 leg lifts
10 planks

Week 2-3 increase numbers by 5
each week! You can do it!!!!

Week 4

90 sit-ups
20 crunches
20 leg lifts
40 planks



Do this 3-5 times a week

Pick a time, could be first thing in the morning, during a commercial break, lunch break
etc. - Stick to it all month and increase numbers by 5 each week

"Exercising a Strong Core"

By MB Redington, MAT

In Anatomy, Core relates to everything except the appendages. Building a strong core protects your back, improves posture and adds strength to most all movement. In addition to our muscle core I like to envision that our spirit is also a part of our core, close to our heart. This month's focus is on our core - ourselves. Yippee!

August is near and dear to me for 2 reasons. First it's back to school month and since I'm in education I've spent a lifetime now linking August with all the activity that surrounds those 3 emotion filled words "BTS". From Elementary through Graduate school I experienced one side of the desk and another 16 years on the other side of the desk. Yep August means Back to School for me. August is also my birth month and for these two reasons I like to designate a little "me" time this month.

I do not consider myself to be a selfish person, however I do consider myself a good investment. One of my favorite birthday gifts to self I do includes a super deep cleaning of my room (walls, curtains, deep clean). I wish I could afford to hire the job out but in reality it's great exercise to deep clean. From there I head out to get bedding and all the

luxuries of a home bath spa. It cost the same in the end as going out to a nice hotel, I call it an at home spa getaway, and get to enjoy the niceties for much longer than 1 night. I have found that taking personal time actually helps me give more to others in the end. So cheers to you and me and go ahead and treat yourself this August!

