



# Healthy Families

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Aerobic</p>							
<p>Strengthening</p>							
<p>Stretching</p>							
<p>Wellness/Prevention</p>							<p>Created by Victoria McHugh,PT Andreia Nebel,PT Anna Pike</p>

**\*\* PARTICIPANT TO MARK ON THE SQUARE WHAT THEY DID AND THE TIME THEY SPENT DOING IT\*\***