



# 'FOCUS YOUR FITNESS FEBRUARY'

**JOIN US IN SETTING YOURSELF A CHALLENGE TO COMPLETE THROUGHOUT THE MONTH OF FEBRUARY.**

This could be anything from: 10,000 steps a day, to 3 HIIT workouts a week or 100 miles cycling by the end of the month.

Make sure it is SMART:

Specific: to what you want to achieve

Measurable: so you can see how much you have progressed towards it

Accepted: by all involved

Realistic: something you can fulfil

Time bound: each day/ each week/ by the end of February

Please share your progress with us:

email: [pe@hartismere.com](mailto:pe@hartismere.com) or DM @hartismerepe on Instagram

