



## February Get Out of Your Box Challenge

### Description

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A large image of the February calendar download, identical to the thumbnail but with a large, diagonal watermark reading 'default watermark' overlaid. The calendar features a teal background with the text 'FREE CALENDAR DOWNLOAD' and a description: 'Each month I bring you a calendar with a challenge to get you to #livecuriously!'. The calendar itself is framed and shows the month of February with a challenge: 'YOUR #LIVECURIOSLY CHALLENGE OF THE MONTH: TRY A NEW EXERCISE CLASS OR PHYSICAL ACTIVITY.' The calendar grid includes dates from 1 to 29, with small images of people exercising on various dates. The footer includes 'joyfulscribblings.com | #livecuriously | joyfulscribblings'.

It's a new month and time to get out of your box with a new challenge. I've been working out at a gym for many years and have seen and felt the benefits of it. I don't mean weight loss benefits, but the benefit of feeling strong, fit and able to keep up with my family. There isn't a day that goes by where I can't talk myself out of going to the gym for one reason or another. There are always other things that seem more important and pressing I could be doing. However, I feel much better after I've gone and gotten my body moving.

In January there is an influx of newbie gym goers ready to work on their New Year's resolutions and by February most of them have dropped off the planet. With that in mind, **my challenge for you is to try a new physical activity or exercise class this month.** I can get easily bored at the gym and my body gets used to certain routines. I like to mix things up every so often to challenge both my body and mind.

A gym membership may not be in your budget or your cup of tea. There are many ways you can be active though without joining a gym.

- Enroll in a class through your community recreation center. The possibilities are endless. I've taken yoga classes and tai chi.
- Is there a sport you've always wanted to try? I've taken tennis and golf lessons. I didn't stick with either one, but I always wanted to try them and I did.
- If you live in a warm climate try paddle boarding. I did this past summer at our local lake and it was actually a lot easier than I thought it would be. (It helped that I was on a thick beginner board).
- Give yourself a daily step challenge. I got the [Garmin Viosmart](#) for Christmas. It's amazing how little I move during the winter months compared to the summer. The only drawback is it doesn't count certain activities like yoga and another cardio class that I do. I still have yet to figure out all the bells and whistles on it.

Download the month of February [HERE](#) to help you track your exercise progress or schedule a new class. Jerry Seinfeld shares his productivity secret in [this post](#) which involves using a calendar.

These are just a few suggestions to get you thinking. What ways do you stay active? Are there ways you've found helpful in sticking with an exercise plan?

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