



FLEXCITY FITNESS

# 21 DAY KICKSTART

## THE GOAL

Gain the tools necessary to build a strong foundation to help you start living a healthy, balanced and REAL life that you love.

## WHAT IT ISN'T

This is NOT a weight loss challenge! Instead, it's all about creating consistency to reach your goals. Of course, if you have weight loss goals, we support that - but remember; life is more than a number on the scale - the ultimate goal is to feel well!



## MOVEMENT

30 minutes of movement daily; we'll provide check ins on FLEXsocial as well as guidelines for what workouts to complete.



## MEAL GUIDANCE

Easy to follow suggestions that are flexible to meet your needs while making you feel good inside!



## MOTIVATION & SUPPORT

Stay connected to us and other challengers with constant support within FLEXsocial, as well as many other tools available to you. You will never be on your own – we've got you!