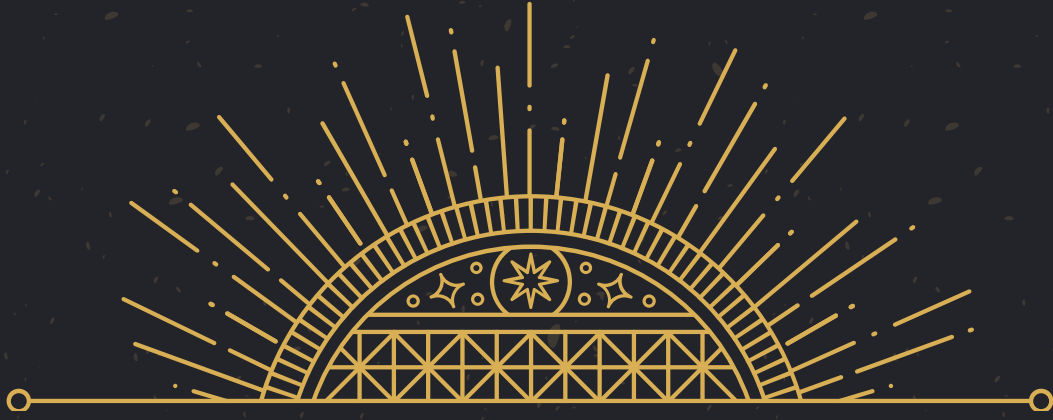
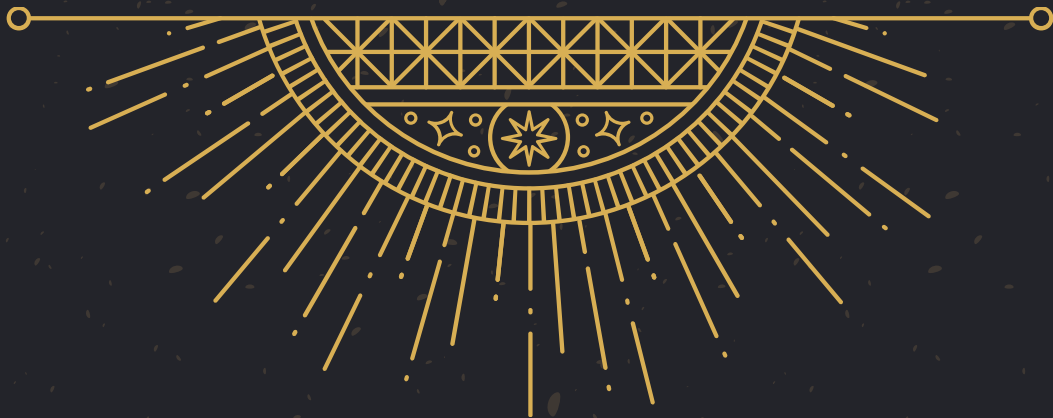


LET'S TALK ABOUT TRANSITION



NEW YEAR, BETTER YOU



365 DAYS TO PRACTICE A
BETTER, HEALTHIER AND
HAPPIER YOU!

Why do goals matter? Goal setting helps long-term and short-term motivation, they also help you organize the steps you're going to take to achieve those goals.

This year I will do..

MORE

OF THIS

LESS

OF THIS

NEW GOAL:

NEW
PRIORITIES:

NEW SKILL:

CHECK OUT PORTAGE COUNTY SPECIAL OLYMPICS PAGE FOR MORE ACTIVITIES TO GET INVOLVED

TUESDAYS @ 5PM FACEBOOK
LIVE WORKOUT

WEDNESDAYS @ 5PM
FITNESS INFLUENCER
SPECIALIST GROUP

THURSDAYS @ 3:30PM
VIRTUAL FITNESS