



HAVE A LITTLE PUN
WITH EXERCISE

2018 DESKTOP CALENDAR

START FRESH IN THE NEW YEAR

The human body isn't designed to sit bent and scrunched up in a chair all day – it's designed to move. Fortunately, any movement can be considered physical activity and is beneficial, even small amounts of movement.

Moving more doesn't have to be one more task or chore to add to your to-do list. Instead, you can categorize it as play. Play reduces stress, increases happy endorphins, and strengthens your commitment to an endeavor. Here are some ideas:

- Buddy up.
- Join a dance class.
- Play games with your kids.
- Listen to music, audio book or podcasts.
- Download a fitness app.

This year we encourage you to make moving fun and to help you out, we created a calendar featuring some silly fitness puns. We hope this calendar will have you moving more and feeling great in 2018!





TIME TO GET IN
PEAR-FECT SHAPE!

	S	M	T	W	T	F	S
		1	2	3	4	5	6
	7	8	9	10	11	12	13
JAN	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

AFTER THIS WORKOUT,
I'LL BE A FINE-APPLE



FEB

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11	12	13	14	15	16	17
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25	26	27	28			

BE-LEAF IN
YOURSELF



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	4	5	6	7	8	9	10
MAR	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31



EXERCISE IS VERY
APPEALING

APR

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

THE LADIES ARE GONNA GO COCONUTS OVER ME.



MAY

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13	14	15	16	17	18	19
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27	28	29	30	31		

AVO-CARDIO
TIME



JUN

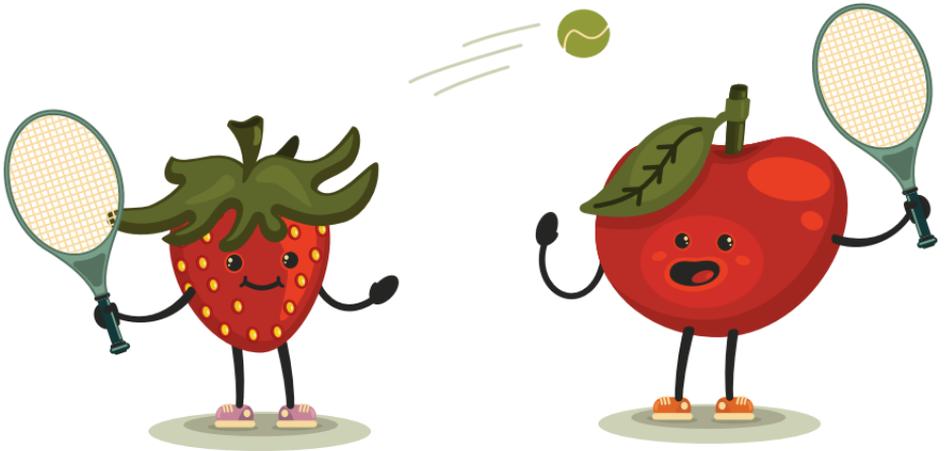
S	M	T	W	T	F	S
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SWIMMING IS MY MAIN SQUEEZE.



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JUL	15	16	17	18	19	20	21
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	29	30	31				

GETTIN' BERRY COMPETITIVE



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	12	13	14	15	16	17	18
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	26	27	28	29	30	31	

AUG



IT'S GETTING
HOT IN HERE

SEP

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30						

NAMASTE FIT



OCT

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HUSTLE FOR
THAT MUSCLE



NOV

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18	19	20	21	22	23	24
25	26	27	28	29	30	

DON'T TAKE
YOUR HEALTH
FOR GRANATE.



DEC

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16	17	18	19	20	21	22
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