

AUGUST

DIABETES EXERCISE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 AQUA FIT 11-12	2 SIT & FIT 11-12	3
6 NHCHC CLOSED	7 SIT & FIT 11-12	8 AQUA FIT 11-12	9 SIT & FIT 11-12	10
13 AQUA FIT 11-12	14 SIT & FIT 11-12	15 AQUA FIT 11-12	16 SIT & FIT 11-12	17
20 Aug 20-26 Bennetto Closed	21 SIT & FIT 11-12	22	23 SIT & FIT 11-12	24
27 AQUA FIT 11-12	28 SIT & FIT 11-12	29 AQUA FIT 11-12	30 SIT & FIT 11-12	31

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

