











# Step Into July Plan

**Goal:** The fitness plan builds stamina, alternates muscle groups, and utilizes specific "step anchors" to help hit targets effortlessly during the summer heat.

	Workout: ✓ when completed	Write Step Count		Workout: ✓ when completed	Write Step Count
1	3 sets: 15 pushups, 15 dumbbell rows, & 30s elbow plank. <b>Step Goal:</b> 6,000 Steps		16	20-min of full-body stretching or pilates/yoga. <b>Step Goal:</b> 8,000 Steps	
2	20-min of full-body stretching or pilates/yoga. <b>Step Goal:</b> 8,000 Steps		17	3 sets of 15 thrusters, 15 pushups, and 15 bent-over rows. <b>Step Goal:</b> 8,000 Steps	
3	3 sets of 15 wide squats, 20 alt. forward lunges, and 20 mt. climbers. <b>Step Goal:</b> 7,000 Steps		18	Morning hike or walk in a shaded park. <b>Step Goal:</b> 8-12,000 Steps	
4	Outdoor walk before afternoon festivities. <b>Step Goal:</b> 10-12,000 Steps		19	<b>Rest:</b> Light movement only. <b>Step Goal:</b> 5,000 Steps	
5	<b>Rest:</b> Light movement only. <b>Step Goal:</b> 5,000 Steps		20	3 sets of 15 split lunges, 15 step ups, and 20 jumping jacks. <b>Step Goal:</b> 8,000 Steps	
6	3 sets of 15 goblet squats, 15 deadlifts, and 20 calf raises. <b>Step Goal:</b> 7,000 Steps		21	30-min walk alternating 5 min fast, 5 min slow. <b>Step Goal:</b> 10-12,000 Steps	
7	45-min brisk outdoor or treadmill power walk. <b>Step Goal:</b> 10-12,000 Steps		22	3 sets of 15 chest press, 15 lateral raises, and 30s elbow plank. <b>Step Goal:</b> 8,000 Steps	
8	3 sets of 15 overhead press, 15 bicep curls, and 15 tricep dips. <b>Step Goal:</b> 7,000 Steps		23	20-min of full-body stretching or pilates/yoga. <b>Step Goal:</b> 8,000 Steps	
9	20-min of full-body stretching or pilates/yoga. <b>Step Goal:</b> 8,000 Steps		24	3 sets of 15 crunches, 15 sit-ups, and 20 russian twist. <b>Step Goal:</b> 8,000 Steps	
10	3 sets of 15 crunches, 15 Leg Lifts, and 20 Bicycle Crunch. <b>Step Goal:</b> 8,000 Steps		25	Morning hike or walk in a shaded park. <b>Step Goal:</b> 8-12,000 Steps	
11	Morning hike or walk in a shaded park. <b>Step Goal:</b> 8-12,000 Steps		26	<b>Rest:</b> Light movement only. <b>Step Goal:</b> 5,000 Steps	
12	Casual stroll and stretching <b>Step Goal:</b> 5,000		27	3 sets of 15 fire hydrates, 20 reverse lunges, and 30 sec. Wall Sit <b>Step Goal:</b> 6,000 Steps	
13	3 sets of 20 walking lunges, 20 glute bridges, and 15 jump squats. <b>Step Goal:</b> 8,000 Steps		28	60-min of continuous walking. <b>Step Goal:</b> 10-12,000 Steps	
14	60-min of continuous walking. <b>Step Goal:</b> 10-12,000 Steps		29	3 sets of 15 cobra pushups, 15 front raise, and 20 plank jacks. <b>Step Goal:</b> 8,000 Steps	
15	3 sets of 15 bird-dogs, 20 deadbugs, and 30s side planks <b>Step Goal:</b> 8,000 Steps		30	20-min of full-body stretching or pilates/yoga. <b>Step Goal:</b> 8,000 Steps	

**31st: Turn In & Pick up August Fitness Plan**

# 10 Strategies for Consistent Steps

-  **Set Hourly Reminders:** Program your fitness tracker to buzz if you sit for too long. Aim for a quick 250 steps every hour.
-  **Pace During Calls:** Make it a rule to stand up and pace around your workspace whenever you take a phone call or join a listen-only meeting.
-  **Park at the Perimeter:** Park at the very back of every parking lot during errands. Those extra feet add up quickly over a week.
-  **Take the Long Route:** Skip the closest restroom, water fountain, or copy machine. Walk to the one on the other side of the building or a different floor.
-  **Walk Right After Meals:** Establish a firm habit of taking a 10-minute walk immediately after breakfast, lunch, and dinner to aid digestion and build steps.
-  **Multitask Entertainment:** Only allow yourself to listen to your favorite podcasts, audiobooks, or music playlists while your legs are actively moving.
-  **Ditch the Elevator:** Always take the stairs for journeys under three floors. Walk up escalators instead of standing still.
-  **Socialize on Foot:** Swap sedentary coffee or catch-up dates with friends for "walk and talk" sessions at a local park or neighborhood path.
-  **Keep Sneaker Alternatives:** Keep a comfortable pair of walking shoes in your car or under your office desk so you are always ready to move.
-  **March in Place:** Utilize dead time by marching or pacing while brushing your teeth, waiting for water to boil, or watching TV commercials.