

ORANGE TEAM



**Crunches ... Leg Lifts
Balancing, balancing, balancing...
Chris you mastered this !!**



**And Helene takes
THE GOLD !!
in speed skating
What a fun twist
to our boot camp !**

Well, we are through the halfway point in the Challenge and although I have some aches and pains, my energy level has moved up a notch or two! Had a bad last week weight wise but, nothing that I can't overcome. It just motivates me more to work harder. Interesting Boot camp last week with the Boxing theme! If that is anything like the boxers do for their workout, no wonder they can stand in the ring for 12 rounds and give and take a beating. Looking forward to the weigh in to-night.....Thinking it is going to be a nice loss this go around. Better be, I worked hard!



Team Oranges Tip of the week

*Stretching before and after workouts allows your muscles to grow and also minimizes the potential for cramping. Just do it!
Until next week, have an awesome week everyone!*

Cheers!

Blog (March 3)

I found this week to be a very difficult one for me as I spent a few days down with the stomach flu and then had a really hard time regaining my energy level. I was surprised how being sick affected my energy and strength when I went to the gym to workout. I found I could only complete 2/3 of my routine and then I was completely exhausted.

I decided that the best thing to do was rest as much as I could and slowly rebuild my strength. I was back to about 85% when we had our boot camp on Tuesday and I could really feel the core exercises Penny had us do. I am glad that I pushed myself as I feel much better and back on track today. Hopefully this week will bring with it a renewed energy and focus as we move into the final half of our challenge.

Till next time; Enjoy being outside, take a walk and absorb the sunshine along with all its vitamin D.

Helene

