

# LIFESTYLE

## HABIT & LIFESTYLE MAINTENANCE

*Bod by Bree*

- Move everyday and keep it Fun!
- Maintain 10k Steps per day
- Listen to your body!

### Strength Workouts

*2-4x per week*

### Spotlight Sessions

*1-3x per week*

### Cardio Classes

*2-4x per week*

### Quick HIITs

*1-3x per week*

### Nutrition

*Eat at Maintenance*