

APRIL

Best You Challenge

30 days & 30 ways to a healthier, happier you!

- Take a Detox bath
- Buy a new lip gloss and nail polish in a springtime shade like coral or pink
- Spend five minutes dry brushing your skin before a shower or bath
- Try a new class at the gym. Think Barre, Piyo or Zumba
- Give your hairstyle a change with a new cut, maybe bangs or switch up your color a bit. Spring is a great time to lighten up and add some highlights around your face
- Take a class. Learn something new!
- Go for a hike. Whether you hike in the woods, on the beach or take a city stroll, get outside!
- Add strength training to your workouts
- Make Mondays meatless
- Unplug an hour before bed. Shut off phones and computers and read a book
- Enjoy a steaming hot cup of chamomile tea at night
- Try a DIY manicure
- Write a summer bucket list
- Go for a bra fitting
- No matter what size you are, wear sexy underwear!
- Pay it forward! It'll do your spirit good!
- Go on a picnic
- Put out a vase of fresh flowers
- Get a pedicure & be sandal ready
- Smile!
- Give yourself a lip treatment
- Schedule a special date night out or get rid of the the kids and watch Netflix & Chill
- Put away the cellphones and get out a board game for family game night
- Volunteer. Your kids school, an animal or homeless shelter, whatever!
- Give acupuncture a shot
- Take a selfie and share it beautiful!
- Drink a glass of hot, lemon water every morning
- Eat more sustainable seafood
- Wear champagne colored eye liner
- Embrace your fabulousness!