

Challenge Your Edge!

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 30 min PA: Outside: National Waffle Week	2 Labor Day 30 min PA: Outside:	3 30 min PA: Outside:	4 30 min PA: Outside: National Wildlife Day 	5 30 min PA: Outside:	6 30 min PA: Outside:	7 30 min PA: Outside: National Acorn Squash Day
8 30 min PA: Outside:	9 30 min PA: Outside:	10 30 min PA: Outside:	11 30 min PA: Outside: Patriot Day	12 30 min PA: Outside:	13 30 min PA: Outside: 	14 30 min PA: Outside:
15 30 min PA: Outside:	16 30 min PA: Outside:	17 30 min PA: Outside:	18 30 min PA: Outside:	19 30 min PA: Outside:	20 30 min PA: Outside:	21 30 min PA: Outside: Ntl. Dance/ Gymnastics Day
22  30 min PA: Outside: Fall Begins	23 30 min PA: Outside:	24 30 min PA: Outside:	25  30 min PA: Outside: Julia's Birthday Challenge 	26 30 min PA: Outside:	27 30 min PA: Outside:	28 30 min PA: Outside: Family Health & Fitness Day
29 30 min PA: Outside:	30 30 min PA: Outside:		Better Breakfast Month National Honey Month 		Julia on the Edge 	

The Details

I am feeling a little more motivated, and I hope you all are as well with the start of the new school year. I think September is always exciting with football games and marching bands as well as the begging of leaves changing and cooler weather. What better time to jump back into some interactive content and new routines!

We are going to be doing videos of different breakfast ideas for Better Breakfast Month along with some recipes for Acorn Squash Day and National Waffle Week. We will still be getting in 30 minutes of physical activity every day and getting outside as much as we can. Share your time outside and/or your physical activity on our On The Edge Facebook group.

September 2024 is a big month as it is my 50th birthday this month. I don't need a party or a big celebration. I just want to see what 50 years in this body can do. For my Birthday Challenge, I want you all to try something hard that you either haven't done in a while or haven't done before at all. Maybe it's kayaking the West Fork of the Des Moines River in Estherville. (There's a story there.) Maybe it's taking your new puppy for a walk. Or maybe you want to join me for my challenge and provide me with some company for an hour or two on a long run/walk. You don't have to do the challenge on my actual birthday--just fit it in somewhere this month and let me know what you did. I am excited for the next year, the next decade, and maybe the next 50 years and I want to take you along with me!

Ways to stay accountable:

- Keep track of your progress on this calendar.
- Post in the Julia on the Edge Facebook group.
- Tell a friend or family member about the challenge and do it together.

