



**FirstService Residential
is excited to bring you the
*28-Day Size Down Challenge™!***

Thank you for choosing to participate in the *28-Day Size Down Challenge*. We hope you enjoy the program, stick with it all the way through, and share your thoughts about it in the brief questionnaire you'll receive after the conclusion.

- FirstService Residential is providing you free access to the online version of the 28-Day Size Down Challenge. The workout videos for this program are accessible at (URL). If you forget or misplace your community's special passphrase code needed to access the videos, please contact the Lifestyle Director or Fitness Director of your community to retrieve it.
- You can play the workout videos on your computer, tablet, or even a smart phone. For the best experience, make sure the volume on your device is turned up.
- This program was created for people over 50, but can be safely used by anyone of virtually any age, shape, or size. All exercises can be modified to fit your level of fitness, so work yourself into the program at the level that's comfortable for you.



THE 28-DAY

SIZE DOWN

CHALLENGE™

Equipment Needed

You'll need just a few items for the program:

- 1 pair of 3 to 5 lb. dumbbells
- Yoga mat
- A sturdy chair (a strong folding chair can work)
- Towel

Also, be sure to drink plenty of water during each workout.