

# **Beat PD Today**

## **Trainer Challenge Results 2022**

### **Michelle**

Congratulations to all Trainers. Overall, the results are conclusive that every trainer was a winner. I started on Monday to add points to their work -outs and by the end of the week, I gave up! I think we as a team scored over 10,000 points by Tuesday! They worked hard and they learned a little about each other and had a few sore muscles by Friday. Read below their comments about the challenge:

### **Jen**

My take away? Nancy's article, illustrating how one daily workout is not enough. I've noticed it myself; small single-story home. Easy to maintain, but, as I am no longer carrying laundry up and down two flights of stairs, etc, that's just one example of how I was forced to move more throughout the day before I moved. I definitely need to find ways to move more!!  
But not today...5 classes (3 Beat PD and 2 at my other job) are enough for today!!!

### **Nancy**

Challenge is over but weekend is business as usual for us "habitual exercisers". Cardio tomorrow and strength on Sunday. Keep moving my friends as movement is medicine!

Have a great weekend!!

"Motivation is what gets you started. Habit is what keeps you going." - Jim Ryan

### **Linda**

If this was a competition, I won! The mutual encouragement, the challenge! I feel great for the collective commitment.

### **Vicki**

"A dedicated team with a common goal is a recipe for success".

Great job ladies!

### **Laura**

Favorite quote to sum up week:

Nothing will work unless you do. ~Maya Angelou

### **Donna**

My reflection: Teamwork + a little friendly competition = Motivation, Creativity and Success! It was a fun, exhausting but great week! Quite an impressive team!

For a reflection on the Challenge, see Michelle's Blog on [www.beatpdtoday.com](http://www.beatpdtoday.com)