

# PROVita February Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“ Even miracles take a little time. So hang in there!”</p>	<p><b>Reminder:</b></p> <ol style="list-style-type: none"> <li>For examples of exercises and nutrition please message our Official Facebook page (Proweightloss Program) and visit our website (<a href="http://www.provitaproducts.com">www.provitaproducts.com</a>)</li> <li>Have a morning cup of PCoffee.</li> <li>Take your Provita Probiotics once before bedtime.</li> <li>Drink 3 liters of water a day.</li> <li>Add Provita Shape in Shake to your meal.</li> <li>Take a 'Before and After' picture and post it with #Provita #CoachBarbie #PCOS30</li> <li>Join our free coaching sessions to guide you better.</li> <li>Once finished, post it to our official Facebook Group (PCOS 30 OFFICIAL FB GROUP by CoachBarbie)</li> </ol>			<p><b>DAY 1</b></p> <p>Easy Pose 1 minute</p>	<p><b>DAY 2</b></p> <p>Seated Eagle Arms 1 minute</p>	<p><b>DAY 3</b></p> <p>Cat-Cow Pose 1 minute</p>
<p><b>DAY 4</b></p> <p>REST DAY</p>	<p><b>DAY 5</b></p> <p>Child's Pose 1 minute</p>	<p><b>DAY 6</b></p> <p>Bird Dog Pose 1 minute</p>	<p><b>DAY 7</b></p> <p>Cobra Pose 1 minute</p>	<p><b>DAY 8</b></p> <p>REST DAY</p>	<p><b>DAY 9</b></p> <p>Downward-Facing Dog 1 minute</p>	<p><b>DAY 10</b></p> <p>Plank 1 minute</p>
<p><b>DAY 11</b></p> <p>Mountain Pose 1 minute</p>	<p><b>DAY 12</b></p> <p>REST DAY</p>	<p><b>DAY 13</b></p> <p>Legs Up the Wall 1 minute</p>	<p><b>DAY 14</b></p> <p>Forward Fold and Half Lift 1 minute</p>	<p><b>DAY 15</b></p> <p>Warrior II 1 minute</p>	<p><b>DAY 16</b></p> <p>REST DAY</p>	<p><b>DAY 17</b></p> <p>Side Angle Pose 1 minute</p>
<p><b>DAY 18</b></p> <p>Wide Leg Forward Fold 1 minute</p>	<p><b>DAY 19</b></p> <p>Shoulder Strap Work 1 minute</p>	<p><b>DAY 20</b></p> <p>REST DAY</p>	<p><b>DAY 21</b></p> <p>Tree Pose 1 minute</p>	<p><b>DAY 22</b></p> <p>Pigeon Pose 1 minute</p>	<p><b>DAY 23</b></p> <p>Chair Pose 1 minute</p>	<p><b>DAY 24</b></p> <p>REST DAY</p>
<p><b>DAY 25</b></p> <p>Seated Twist 1 minute</p>	<p><b>DAY 26</b></p> <p>Seated Butterfly Pose 1 minute</p>	<p><b>DAY 27</b></p> <p>Seated Wide-Leg Forward Fold 1 minute</p>	<p><b>DAY 28</b></p> <p>REST DAY</p>	<p><b>DAY 29</b></p> <p>Camel Pose 1 minute</p>		

## TRIVIA: Unlocking the path to Parenthood with Provita & PCOS30 Program

### Know Your Menstrual Cycle

Understand your menstrual cycle and track ovulation. This knowledge can help you identify your fertile window.

### Maintain A Healthy Weight

Achieving and maintaining a healthy weight can positively impact fertility. Both underweight and overweight conditions can affect reproductive health.

### Eat A Balanced Diet

Consume a well-balanced diet with our Fertility Booster Guide and PCOS30 Program

### Stay Hydrated

Drink plenty of water to stay hydrated. Proper hydration supports overall health, including reproductive health.

### Manage Stress

Chronic stress can affect fertility. Practice stress-reducing activities such as meditation, yoga, or deep breathing exercises.

### Limit Caffeine And Alcohol

Moderate caffeine intake and limit alcohol consumption, as excessive amounts may impact fertility.

### Regular Exercise

Engage in regular, moderate exercise. However, excessive or intense exercise may impact fertility, so find a balance that works for you.

**Note: Partner it with Provita Probiotics for maximum result.**

