

# 30 DAYS OF SUMMER CHALLENGE

## *the Red Mountain Way*

For this 30 Days of Summer Challenge the *Red Mountain Way*, be sure to post your summer milestones to social media using **#RedMountainSummerChallenge**. We love seeing your journey!

<p>1</p> <p><b>Comment and like</b> all your favorite posts on our social media pages!</p>	<p>2</p> <p><b>Take a #summer selfie</b> and post it.</p>	<p>3</p> <p><b>Go on a bike ride</b> for 20 minutes.</p>	<p>4</p> <p><b>Paint your nails</b> Red Mountain red.</p>	<p>5</p> <p><b>Picnic at the park</b> with elevated meals from the Red Mountain Easy Gourmet Recipes eBook.</p>	<p>6</p> <p>Start your day with a <b>RM protein shake</b>.</p>
<p>7</p> <p><b>Paint a sunset</b> with watercolors.</p>	<p>8</p> <p><b>Host a backyard BBQ</b> and serve the RM BBQ Chicken Pizza Recipe.</p>	<p>9</p> <p>Make <b>RM Orange Lime Mojito mocktails</b> and have a happy hour poolside.</p>	<p>10</p> <p>Visit a Farmer's Market and <b>pick up fresh produce that is RM3®-approved</b>.</p>	<p>11</p> <p><b>Read a summer novel in the sun.</b> Use SkinMedica® Total Defense Sunscreen SPF!</p>	<p>12</p> <p>Cook your <b>RM Grilled Salmon with Kale Saute</b> for dinner and post a picture of it on social media.</p>
<p>13</p> <p><b>Do yoga</b> and channel your inner warrior.</p>	<p>14</p> <p><b>Breathe with your belly!</b> Breathe with your lower belly to relax and lessen cravings.</p>	<p>15</p> <p><b>Choose a small, specific goal for today</b>, like "I will walk 10 minutes more than yesterday."</p>	<p>16</p> <p>Complete <b>3 Quick &amp; Easy Exercise Circuits</b> from the RM exercise eBook.</p>	<p>17</p> <p>Go hiking and <b>climb a mountain</b>.</p>	<p>18</p> <p><b>Visualize success.</b> Spend time envisioning yourself practicing your healthy habits.</p>
<p>19</p> <p><b>Take a staycation</b> somewhere nearby!</p>	<p>20</p> <p>Sculpt that summer body with our <b>RM Get Fit with HIIT eBook</b>.</p>	<p>21</p> <p><b>Post your WHY</b> on social media. Share your motivations for WHY you're on this weight loss journey.</p>	<p>22</p> <p>Show off your <b>weight loss goal outfit for #OOTD</b> (Outfit of the Day).</p>	<p>23</p> <p>Drink your <b>8 glasses of water</b> today.</p>	<p>24</p> <p><b>Go camping</b> and stargaze.</p>
<p>25</p> <p><b>Grill vegetables</b> and eat every last bite.</p>	<p>26</p> <p><b>Go on a road trip</b> and enjoy the ride.</p>	<p>27</p> <p>Overcome your self-doubt by <b>reminding yourself</b> of everything you're doing right.</p>	<p>28</p> <p><b>Share a smile!</b> Take a silly pic and post it.</p>	<p>29</p> <p><b>Give yourself a positive self-talk.</b> Positive self talk boosts productivity, motivation, and confidence!</p>	<p>30</p> <p>Treat yourself to flowers, <b>you did it!</b></p>