

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