



Transform Your Life: #StrongerTogether90 Day Challenge

We are approaching the last three months of the year. What a year it has been! Did you know you can actually finish the year stronger than you started it? Did you know you can claim victory over this year despite the never-ending challenges? October 1st will mark the start of Transfit's Transform Your Life: **#StrongerTogether90 Day Challenge**. This challenge is FREE for anyone who is looking to finish off 2020 stronger than you started it (I think I hear an OH YES from everyone). The challenge focuses on the thought, "It takes 21 days to create a habit; it takes 90 days to transform your life."

Finish 2020 Strong

The last year has been...well... a year that we definitely won't forget. It hasn't been easy. We've faced things we never thought we would. The defining moments for the challenges we face are what comes next: our focus should be on the RESPONSE, not the reaction. So what, now what? We've been knocked down, but what comes next? How about we turn the tide and walk (or sprint) into 2021, TOGETHER, with a new attitude of grace, grit, and gratitude?

What is required?

It seems like this year has been one of being told what we can't do. But what about the things we CAN? This challenge is one YOU CAN do! We are striving to add to our lives, not take things away! The main focus of the challenge is something you need to intentionally do **daily** (yes, even on the weekends):

1. Write down three things you are grateful for.
2. Get up 10 minutes earlier than normal to spend time in the Word.
3. Move your body at least 30 minutes.
4. Drink 80-100 ounces of water.
5. Eat three different vegetables.

We are stronger together!

"As iron sharpens iron, so one person sharpens another." Proverbs 27:17