



FUNCTIONALLY
EVOLVED



Black History Month / Heart Health Month | 2025

www.functionallyevolved.com

NEWSLETTER

FEBRUARY

ISSUE# 3

“ BELIEVE IN YOURSELF, AND EVERY STEP YOU TAKE WILL LEAD YOU CLOSER TO YOUR DREAMS. ”

FUNCTIONALLY EVOLVED

"Happy February, Evolvers, and Happy Black History Month! At Functionally Evolved, we believe in supporting the members of our community and making everyone feel seen while acknowledging their unique challenges and bold accomplishments. This month, join Denae, our Low Impact Dance Instructor, on our social media pages for Health & Fitness content highlighting the successes and awareness within the African American fitness community.

Functionally Evolved Members can also enjoy a special BHM Dance Video, with a playlist curated and choreographed by Denae to celebrate and amplify Black Voices. Join us in celebrating culture and community."



SIMPLE LOW-IMPACT CARDIO WORKOUT

1. KNEE MARCH

MARCH IN PLACE, LIFTING YOUR KNEES HIGH WHILE SWINGING YOUR ARMS.
DURATION: 45 SECONDS

2. SIDE STEPS

STEP TO THE RIGHT AND LEFT, GENTLY BENDING YOUR KNEES WHILE SWINGING YOUR ARMS.
DURATION: 45 SECONDS

3. SQUATS

STAND WITH FEET SHOULDER-WIDTH APART, BEND YOUR KNEES AND LOWER YOUR BODY AS IF SITTING BACK INTO A CHAIR, THEN STAND UP.
DURATION: 45 SECONDS

4. TOE TAPS

STAND TALL AND TAP YOUR TOES FORWARD ONE AT A TIME WHILE SWINGING YOUR ARMS.
DURATION: 45 SECONDS

INSTRUCTIONS

REST FOR 15 SECONDS BETWEEN EACH EXERCISE.

REPEAT THE CIRCUIT 2-3 TIMES.

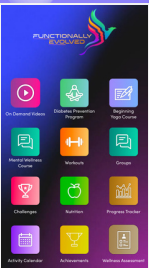
🌟 Special Offer Extended to February! 🌟

Take advantage of an incredible deal when you subscribe this month! Unlock our Pro tier for just \$30 a month for the entire year—that's a savings of \$10 each month! This is more than just a subscription; it's an investment in your health and fitness journey. Don't miss out on this opportunity to elevate your wellness experience. Sign up now and secure your savings for the year ahead! 🙌🌟

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