

An Online Fitness Challenge for Summer

Get ready to feel your best this summer with Well Aware and DreamFIT's Annual Summer Reset Challenge designed exclusively for Montgomery County Public Schools staff. This eight-week program, running June 22–August 16, 2026, is intended to help you build strength, boost energy, and create sustainable healthy habits during the summer months.

Participants will receive—

- online access to five guided 30-minute workouts each week, featuring low-impact strength training, mobility, core, and cardio exercises. Workouts are progressively designed to keep you challenged without feeling overwhelmed, with fresh content each week to keep you engaged;
- nutrition support through two complete meal plans, including grocery lists and easy-to-follow recipes;
- weekly 30-minute wellness chats focused on education, motivation, and connection; and
- access to a private Facebook accountability group for daily support and encouragement.

Whether you are just getting started or looking to stay consistent, this program will help you reset, refocus, and head into the new school year feeling stronger, healthier, and more energized.

To sign up, [email Well Aware](#).