

Quarter 3 Wellness Activity 2022 Move It Challenge

This challenge is designed to get you up and MOVING and possibly to try new things that you just might like and incorporate into your fitness routine. Complete the assigned tasks listed below throughout quarter 3, by marking which activity you complete. **You must complete 20 activities listed to complete the challenge.**

Name: _____

Department: _____

Month: September October (circle one)



Work out at a Fitness Center for at least 10 min	Go on a 10 min walk	Use an indoor or outdoor walking path/trail	Try out a new exercise	Do an outdoor activity
Go on a 20 min walk	Do stretches	Get up off the couch during commercial breaks and do squats	Do 25 bicep curls using any kind of weights (soup cans, milk, weights, etc.)	Get outside for at least 10 min each day for an entire week
Do stretches	Walk a pet for 10 min	Go for a bike ride	Do 20 jumping jacks	Use an indoor or outdoor walking path/trail
Have a dance party	Try out a new exercise	Do 10 burpees	Do a 1 min plank	Go on a 10 min walk
Do a 1 min wall sit	Do yoga for 15 min	Go on a 20 min walk	Do 20 sit-ups	Do 15 push-ups

**Only one box/ activity may be completed per day*

Please submit your completed form to the Staff in the Rec Center or email to recc@larsondoors.com by **November 7th, 2022** for the chance to win a prize.