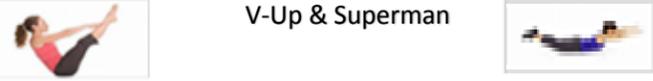


4 - WEEK FITNESS and WELLNESS CHALLENGE

WEEK 3: Healthy Behavior Change

Last Name: _____ Name: _____

	SLEEP WELL 7 – 9 hours	Eat Colorful Fruit (2-4) & Veggies (3-5) Servings a Day	READ your BOOK!	DRINK WATER 11 – 15 cups	Start Walking! How many?	CORE EXERCISES	EAT BREAKFAST	7- Day Stretching before BED!	Attend to the CLASS!
MONDAY	___hrs.?	Total Servings or Cups _____?	Book's Name _____? Author's Name _____? Category _____? How many page _____?	How many cups _____?	Steps _____? Minutes _____? Miles _____?	Plank: Face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Engage your abdominal muscles, drawing your navel toward your spine, your body in a straight line from ears to toes. Your shoulders are down, your heels should be over the balls of your feet. 1 – 3 sets: Hold 10-60 seconds. Target: Abdominals and Core muscles	At ___am?	How many minutes _____?	Zumba at 11:30am <input type="checkbox"/> Foundations at 4:45pm <input type="checkbox"/> Pilates at 5:00pm <input type="checkbox"/> Fit Plus _____?
TUESDAY	___hrs.?	Total Servings or Cups _____?	What did you learn _____? _____	How many cups _____?	Steps _____? Minutes _____? Miles _____?	Glute bridge: Lie on your back with your knees bent, feet flat on the floor, and arms slightly away from your torso. Lift your hips until your body forms a straight line from knees to chest. Pause, lower your hips, and repeat 1 – 3 sets: 6-12 reps Target: Core, glutes, quadriceps, hamstrings, calves and abdominals.	At ___am?	How many minutes _____?	Foundations at 6:30am <input type="checkbox"/> Fitness Class at 11:30am <input type="checkbox"/> Zumba at 5:00pm <input type="checkbox"/> Walk & Run Fit at 5:00pm <input type="checkbox"/> Fit Plus _____?
WEDNESDAY	___hrs.?	Total Servings or Cups _____?	What did you learn _____? _____	How many cups _____?	Steps _____? Minutes _____? Miles _____?	Plank + Glute Bridge 	At ___am?	How many minutes _____?	Foundations at 11:30am <input type="checkbox"/> Fitness Class at 4:45pm <input type="checkbox"/> Gentle Yoga at 5:00pm <input type="checkbox"/> Fit Plus _____?
THURSDAY	___hrs.?	Total Servings or Cups _____?	What did you learn _____? _____	How many cups _____?	Steps _____? Minutes _____? Miles _____?	V-Up: Lie on the ground with your legs straight and feet together. Bring both arms overhead and rest them beside your ears. Simultaneously, lift your legs and torso off the ground. Bring your arms forward and reach for your ankles as you balance on your hips. Reverse the movement and return to the starting position. 6-12 reps Target: Upper and lower abdominal muscles	At ___am?	How many minutes _____?	Fitness Class at 11:30am <input type="checkbox"/> Zumba at 12:30pm <input type="checkbox"/> Step N Core Aerobics at 4:45pm <input type="checkbox"/> Fit Plus _____?
FRIDAY	___hrs.?	Total Servings or Cups _____?	What did you learn _____? _____	How many cups _____?	Steps _____? Minutes _____? Miles _____?	Superman: Lie face down on a mat with your arms stretched above your head (like Superman) Raise your arms and legs about 5 to 6 inches off the ground (or as far as you comfortably can). Hold for 3 seconds and relax. Repeat for 6 – 12 reps. Targets: Glutes, hamstrings and erector spinal muscles	At ___am?	How many minutes _____?	Fitness Class at 6:30am <input type="checkbox"/> Fitness Class at 11:30am <input type="checkbox"/> Restorative Yoga at 11:45am <input type="checkbox"/> Beta Training at 12:30pm <input type="checkbox"/>
SATURDAY	___hrs.?	Total Servings or Cups _____?	What did you learn _____? _____	How many cups _____?	Steps _____? Minutes _____? Miles _____?	V-Up & Superman 	At ___am?	How many minutes _____?	Yard work _____? Hiking _____? Other _____?
SUNDAY	___hrs.?	Total Servings or Cups _____?	What did you learn _____? _____	How many cups _____?	Steps _____? Minutes _____? Miles _____?	Side Plank: Turn onto your right side with your legs extended and your feet and hips resting on the ground and stacked on top of each other. Place your right elbow directly under your shoulder to prop up your torso and align your head with your spine. Gently contract your core and lift your hips and knees off the floor; this strengthens your sides and deep ab muscles. Hold for 10 to 30 seconds, gradually working up to a minute, and return to the starting position. Roll onto the other side and repeat.	At ___am?	How many minutes _____?	Yard work _____? Bike riding _____? Hiking _____? Swimming _____? Other _____?
 Side Plank			WHY IMPORTANT? Reading is a great way to improve yourself all around. Reading is important because it develops our thoughts, gives us endless knowledge and lessons while keeping our minds active. Books can hold and keep all kinds of information, stories, thoughts and feelings unlike anything else in this world. The importance of a book to help us learn and understand things cannot be underestimated. Take a chance to help your mental and physical well-being. You can find books anywhere, from the library to bookstores to thrift shops.			WHY IMPORTANT? Core exercises improve your Balance and Stability. Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, it can help prevent falls and injuries during sports or other activities. Weak core muscles can leave you susceptible to poor posture, lower back pain and muscle injuries. Strengthening core muscles may also help improve back pain.			Visit the Power Henrico for a Fit Plus and Group Exercise Fitness Program Schedule https://power.henrico.us/events/month