

# Spring Into Fitness Challenge Activity Listing March 7 – April 17, 2021



## **You and your teammate complete a total of 1000 minutes of intentional fitness activity.**

This breaks out into about 30 minutes per day, 5 days per week. You may select any combination of fitness activities each day. Examples of acceptable fitness activities include:

- Walking, running, or rolling
  - Must be done intentionally for fitness. Walking/rolling at your job does not count.
- Cycling
- Swimming
- Working out
- Jumping rope
- Playing a sport such as basketball or soccer
- Aerobic dance classes
- Hiking
- Other activities that elevate your heart rate or put strain on your muscles

## **You and your teammate complete a total of 100 health & wellbeing activities.**

This breaks out into about 3 health & wellbeing activities per day, 5 days per week. You may select any combination of health & wellbeing activities each day. The health & wellbeing activities are:

- Connect with your teammate for encouragement, updates, and accountability. Communication must take place via voice or video chat. Texting is not acceptable.
- Complete three (3) of the following morning hygiene routine items:
  - Brush your teeth.
  - Brush or comb your hair.
  - Wash your face.
  - Wash your hands.
  - Put on deodorant.
  - NOTE: Completing three (3) of these items satisfies the requirement for one (1) health & wellbeing activity.
- Complete ten (10) minutes of any combination of these Strong Minds activities:
  - Prayer or meditation
  - Listening to positive music
  - Breathing exercises
  - Journaling
- Complete ten (10) minutes of any combination of these flexibility exercises:
  - General stretching
  - Yoga
  - Pilates
- Drink AT LEAST three (3) glasses of water.