

0 Fitness Tree

UFV EMPLOYEE FITNESS CHALLENGE
STRIVE TO THRIVE



once complete

Day 12
walk or run
30 mins

Day 11
30 mountain
climbers
20 pushups

Day 10
20 lunges
20 side lunges
(each side)

Day 9
20 squats
20 pushups

Day 8
1 minute plank
1 min
side plank

Day 7
1 min wall sit
1 min high knees

Day 5
20 mountain
climbers
20 pushups

Day 6
walk or run
20 minutes

Day 4
15 lunges
15 side lunges
(each side)

Day 3
1 minute plank
30 sec side
plank

Day 1
walk or run
1 mile

Day 2
15 squats
15 pushups

O FITNESS TREE HOLIDAY CHALLENGE: STAY ACTIVE

DECEMBER 6 – 17, 2021

DAY ONE – Dec 6

Get outside and run or walk one mile. Do it on your own or use this as an opportunity to inspire someone to move with you. Maybe you can recruit a family member, a neighbor, a coworker or [even a dog](#) to go with you.

DAY TWO – Dec 7

Perform 15 squats and 15 push ups. Do them all at once or break them up throughout the day. Maybe do 3 sets of 5 reps of each exercise. If you can not do pushups on the ground try incline pushups against a sturdy table top, bench or counter top.

DAY THREE – Dec 8

Perform a one minute elbow plank and 30 seconds of a side plank on each side. Break it up into sets of 15 second planks or 10 seconds planks if you need.

DAY FOUR – Dec 9

Lunges

15 lunges on each leg and 15 side lunges on each leg.

DAY FIVE – Dec 10

Mountain Climbers

20 mountain climbers and 20 push ups. Break them up into sets (try 2 sets of 10) or complete them all at once.

DAY SIX – Dec 11

Start the timer on your watch and briskly walk or run for 20 minutes. See how far you can go in this time. Race a friend or just enjoy the time outdoors. Your call.

DAY SEVEN – Dec 12

One minute wall sit (break it up as needed), 1 minute high knees. Get that heart-rate up!

DAY EIGHT – Dec 13

Perform a one minute elbow plank and one minute each of a side plank on each side. Break it up into sets of 15 second planks or 10 seconds planks as needed.

DAY NINE – Dec 14

Perform 20 squats and 20 push ups. It's five more reps than last time. We are progressing.

DAY TEN – Dec 15

20 lunges on each leg and 20 side lunges on each leg.

DAY ELEVEN – Dec 16

30 mountain climbers and 20 pushups, break them up as needed.

DAY TWELVE- Dec 17

Go walk or run for 30 minutes. See how far you can go in this time. Inspire someone to join you.

The most important thing to consider when completing any challenge is how it will change your life once the challenge is complete. If you do these exercises for 12 days then go back to sitting on the couch for a Game of Thrones marathon (guilty as charged!) then you didn't get much out of it. However if you use these 12 days to build the habit of exercise that will serve you for the rest of the year and into 2022 then the challenge was a success. Don't just move for 12 days, train your brain into the habit of daily movement. Keep it going. Five minutes or 50 minutes, move every day.