

# Health and Well Being



Fitness Challenges



Well Being



Family Challenges

# Fitness Challenges

- **Indoor Options** – Rep Challenge
- Challenge a family member or friend – who can do it fastest? Let us know your score.
  
- 50 Mountain Climbers
- 50 Squats
- 50 Jumping Jacks
- 20 Burpees
- 20 Sit Ups
- 20 Lunges
- 20 Leg Flutters
- 20 Squat to Punch

# Fitness Challenges: 30 Day Challenge

**DAY 8**  
**QUIET**  
**CARDIO**

1. Air squats x 30
2. Alt. lunges x 20
3. Lunge pulse R x 25
4. Lunge pulse L x 25
5. Walking burpee kicks x 15
6. Side Squats R x 20
7. Side squats L x 20

<b>DAY 01</b> 30 SECOND PLANK	<b>DAY 02</b> 10 SQUAT JUMPS	<b>DAY 03</b> 10 BURPEES	<b>DAY 04</b> YOGA STETCHES	<b>DAY 05</b> 20 JUMPING JACKS
<b>DAY 06</b> 15 SIT-UPS	<b>DAY 07</b> 30 SECOND WALL SIT	<b>DAY 08</b> 20 LUNGES	<b>DAY 09</b> 10 PUSH-UPS	<b>DAY 10</b> 20 BUTT KICKERS
<b>DAY 11</b> 20 HIGH- KNEES	<b>DAY 12</b> 1 MINUTE PLANK	<b>DAY 13</b> YOGA STRETCHES	<b>DAY 14</b> 20 SQUAT JUMPS	<b>DAY 15</b> 20 BURPEES
<b>DAY 16</b> 30 JUMPING JACKS	<b>DAY 17</b> 20 BICYCLE CRUNCHES	<b>DAY 18</b> 25 SIT-UPS	<b>DAY 19</b> 1 MINUTE WALL SIT	<b>DAY 20</b> 40 LUNGES
<b>DAY 21</b> 30 SQUATS	<b>DAY 22</b> 20 PUSH-UPS	<b>DAY 23</b> 30 MOUNTAIN CLIMBERS	<b>DAY 24</b> 20 SCISSOR KICKS	<b>DAY 25</b> 1.5 MINUTE PLANK
<b>DAY 26</b> DAYS 1 + 2	<b>DAY 27</b> DAYS 9 + 10	<b>DAY 28</b> DAYS 16 + 17	<b>DAY 29</b> DAYS 18 + 19 + 20	<b>DAY 30</b> DAYS 21-25

# Fitness Challenges – Create your own Circuit

- 1. Choose 2 exercises from the table below

Lower Body	Upper Body	Core
Squat	Press Ups	Sit Ups
Squat Jumps	Tri-cep Dips	V-Sit
Jumping Jacks	Plank – elbows to hands	Plank Hold
Lunges	Spiderman Push Ups	Russian Twists
Skipping		Plank to Lunge
Calf Raises		Side Bridge
Donkey Kicks		

- 2. Decide how many reps you want to do or how long you want to work for?
- 3. How many sets will work for you 3? Or 5?

# Hyndland Strava Challenge COMING SOON!



# Well Being and Self Care



# Well Being: Morning Yoga & 30 Day Well Self Care Challenge



<b>DAY 01</b> 30 SECONDS OF DEEP BREATHING	<b>DAY 02</b> DO AN ART PROJECT	<b>DAY 03</b> CLASS OF WATER IN MORNING	<b>DAY 04</b> 10 MINUTE DEEP CLEAN	<b>DAY 05</b> DO SOME READING
<b>DAY 06</b> TRY SOME YOGA	<b>DAY 07</b> WATCH FAVORITE MOVIE	<b>DAY 08</b> JOURNAL FOR 10 MINUTES	<b>DAY 09</b> FULL SKINCARE ROUTINE	<b>DAY 10</b> DANCE PARTY
<b>DAY 11</b> MAKE A VISION BOARD	<b>DAY 12</b> WALK AROUND EVERY HOUR	<b>DAY 13</b> MAKE GRATUITY LIST	<b>DAY 14</b> FACETIME A FRIEND	<b>DAY 15</b> RANDOM ACT OF KINDNESS
<b>DAY 16</b> LOG OFF SOCIAL MEDIA FOR 24 HRS	<b>DAY 17</b> DO A CLOSET CLEANOUT	<b>DAY 18</b> LISTEN TO YOUR FAVORITE SONG	<b>DAY 19</b> WARM BATH / SHOWER	<b>DAY 20</b> TELL SOMEONE THANK YOU
<b>DAY 21</b> AT-HOME FOOT SOAK	<b>DAY 22</b> GET OUTSIDE	<b>DAY 23</b> TRY SOMETHING NEW	<b>DAY 24</b> WRITE SOMEONE A LETTER	<b>DAY 25</b> BINGE FAVORITE SHOW
<b>DAY 26</b> EXERCISE	<b>DAY 27</b> MAKE A BUCKET LIST	<b>DAY 28</b> DRINK 8 GLASSES OF WATER	<b>DAY 29</b> CLEAN OUT YOUR APPS	<b>DAY 30</b> MEDITATE



# Family Challenges

- These are fun games/challenges you can involve the whole family!
- Use the blank copies and make you own. We would love to see what you come up with
- There are some example for you!

# FITNESS SNAKES AND LADDERS

## Rules

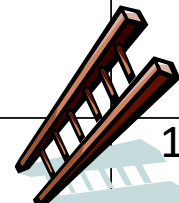
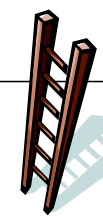
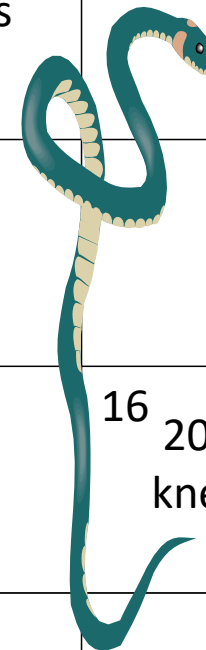
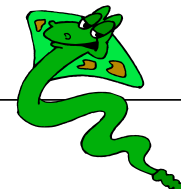
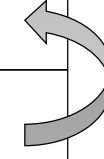
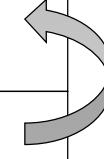
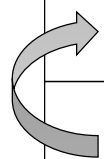
Roll a dice and do the exercise you land on. #

**LADDER** – Answer the question to move up. Answer the question at the top, if you can't move back down!

**SNAKE** – Move down the snakes head to the tail!

25 10 squats	26	27 20 lunges each leg	28	29 7 Burpees	30
24	23	22 10 sit ups	21	20 Exercise of your choice	19
13 Exercise of your choice!	14 10 press ups	15	16 20 high knees	17	18 10 sit ups
12	11 20 squats leg	10	9 20 lunges each leg	8	7
1 10 star jumps	2	3	4 20 Russian Twists	5	6 20 Mountain climbers

EXAMPLE



# FITNESS SNAKES AND LADDERS

## Rules

Roll a dice and do the exercise you land on. #

**LADDER** – Answer the question to move up. Answer the question at the top, if you can't move back down!

**SNAKE** – Move down the snakes head to the tail!

25	26	27	28	29	30
24	23	22	21	20	19
13	14	15	16	17	18
12	11	10	9	8	7
1	2	3	4	5	6

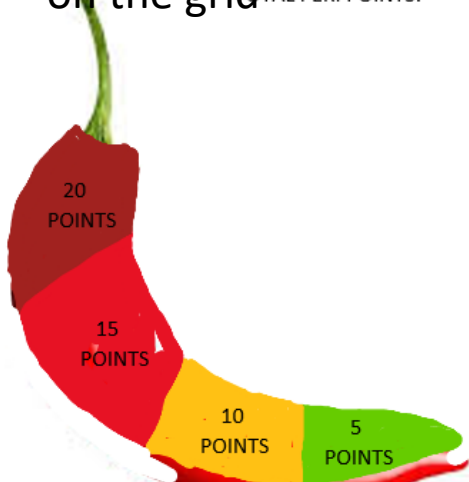
The board features several snakes and ladders. A large blue snake is positioned vertically between squares 28 and 16. A green snake is positioned vertically between squares 12 and 1. A smaller green snake is positioned vertically between squares 3 and 9. A cobra is positioned vertically between squares 17 and 8. There are four ladders: one between 23 and 22, one between 29 and 20, one between 14 and 10, and one between 4 and 5. Gray curved arrows on the right side of the board indicate a clockwise path starting from square 1.

# Nandos Family Challenge



- You want to try earn as many peri points as you can
- You can't do the same level of spice twice in a row
- You need to do a minimum of at least 15 exercises on the grid

TOTAL PERI POINTS:



35 BURPEES/WEIGHT BAR	25 SQUAT JUMPS	30 BICEP CURLS	30 PRESS UPS	2 MINUTES OF TUCK JUMPS	2 MINUTE WALL SIT	4 MINUTE SKIPPING	25 WEIGHTED SQUATS
25 SIT UPS	20 WEIGHTED SQUATS	2 MINUTE PLANK	2 MIN STEP UP (3 LEVELS)	20 TRICEP DIPS	2 MINUTE SKIPPING	20 PUSH UPS	20 BURPEES
1 MINUTE TUCK JUMPS	1 MINUTE PLANK	15 BURPEES	1 MINUTE SKIPPING	15 SQUATS	15 SIT UPS	1 MINUTE WEIGHTED PUNCHES	1 MINUTE STEP UP (2 LEVELS)
30 SECONDS OF HIGH KNEES	10 BURPEES	30 SECOND PLANK	10 SQUATS	30 SECOND WALL SIT	15 PUSH UPS	10 MOUNTAIN CLIMBERS	10 JUMPING JACKS