

Living Well Calhoun

February 2020 Initiative

Step It Up Challenge

We decided to add a little twist on the stairs challenge this year.



- ⇒ Climb at least 10 flights of stairs at least 5 times a week.
- ⇒ 1 flight should be between 10 to 20 stairs. (No! Going down does not count!!!)
- ⇒ There are four different exercises to complete as you climb. You must complete each one of them every week.

*** If stairs are not your thing, you can walk at least 30 minutes 5 times a week, while completing all four exercise during the week.

Complete this initiative and show you calendar to a Wellness Committee Member to get a point on your ticket to wellness

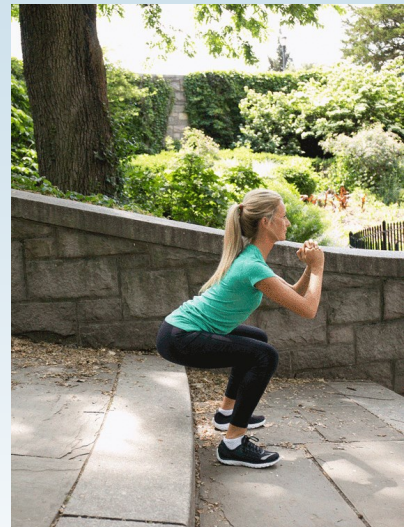


Skip a step: Always use handrail for support. Maintain an upright posture while climbing. It's very important to stay upright while climbing the stairs. It helps engage the core muscles more.

If you are walking instead of climbing, try adding lunges during your walk. Go only as deep as you can. You can also hold your balance by placing one hand against a wall.



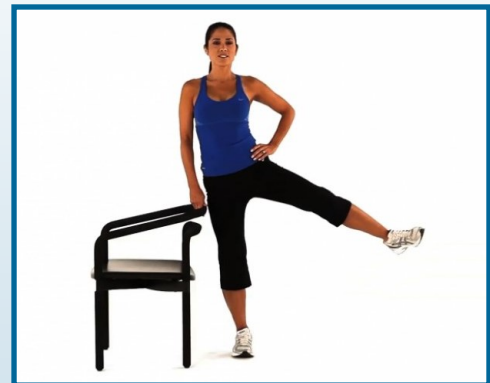
Squat: Complete this exercise on a landing. You can also use wall for balance. Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back as low as you can. Pause, then drive through the heels and lift body upwards back to the starting position, squeezing the glutes at the top of the movement.



Calf Raises: Stand on the balls of your feet. Lift heels until you're standing on your tippy toes.

Abductors: Hold the handrail or place your hand on the wall for balance. Stand with one foot (support leg is slightly bent) and the working leg free to move. Lift working leg away from support leg as high as it will go while maintaining a flexed foot.

1 set = 10 reps. Repeat on other leg.



February 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Note: For abductor exercise, you need to complete 10 reps raising your left foot, and 10 reps raising your right foot, multiply by the amount of set. For example, the first week you would complete 40 all together.

1

2

**2x10 calf raise
2x10 abductor
1x10 squat
2 flight skip or
10 lunges if
walking**

3

4

5

6

7

8

9

**2x15 calf raise
3x10 abductor
2x10 squat
3 flight skip or
15 lunges if
walking**

10

11

12

13

14

15

16

**2x20 calf raise
4x10 abductor
3x10 squat
4 flight skip or
20 lunges if
walking**

17

18

19

20

21

22

23

**2x25 calf raise
5x10 abductor
4x10 squat
5 flight skip or
25 lunges if
walking**

24

25

26

27

28

29