

JANUARY 2020

PLANK CHALLENGE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|-------------|-------------|-------------|-------------|-------------|-------------|
| You can start with 10 seconds or 50 seconds, the goal is to improve daily. Show your progress to a Wellness Committee Member to get a point on your fit ticket. | | | 2 | 3 | 4 | 5 |
| | | | 20 Seconds | 25 Seconds | 25 Seconds | 30 Seconds |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 30 Seconds | 45 Seconds | 45 Seconds | REST DAY | 60 Seconds | 60 Seconds | 75 Seconds |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 75 Seconds | 75 Seconds | REST DAY | 75 Seconds | 90 Seconds | 90 Seconds | 90 Seconds |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 105 Seconds | 105 Seconds | 105 Seconds | REST DAY | 105 Seconds | 120 Seconds | 120 Seconds |
| 27 | 28 | 29 | 30 | 31 | | |
| 120 Seconds | 140 Seconds | REST DAY | 150 Seconds | 160 Seconds | | |

***BACK THIS YEAR

Is there a goal you would like to achieve before the end of November 2020?

Ex.: Lose 20lbs/ Run a 5k for the first time / Lower Cholesterol (show Cholesterol level at the beginning and end) etc.

Write your goal on the back of your fit ticket and have a Wellness Committee Member initial.

Show proof of achieving your goal at the end of November & get an extra point on your fit ticket.

PLANK TIPS

1. Start in a pushup position and then slowly lower your forearms to the ground.
2. Ensure that your elbows are lined up under your shoulders.
3. Keep your abs & gluts tight and lifted.
4. Do NOT let your hips sag. Do NOT arch your back.
5. Keep a neutral neck and spine.

Your body should form a straight line from head to toe.



JANUARY

IDEAS TO COMBAT OBESITY AND RELIEVE STRESS TO BECOME A HEALTHIER VERSION OF YOURSELF

By: Renee Lake, Health-WIC Volunteer

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|--|
| <p>Tackle any 15 of these good habits. You do not have to follow the order. If you participate in the plank challenge, you already have Tuesday 21st completed.</p> | | | <p>1 HAPPY NEW GOALS!! CREATE A PLAN WRITE DOWN GOALS THAT ARE SHORT AND ATTAINABLE</p> | <p>2 START TRACKING WATER INTAKE, DRINK 8-10 GLASSES OF WATER PER DAY</p> | <p>3 SCHEDULE 3 DAYS A WEEK TO WORKOUT FOR 30-45 MINUTES OF MODERATE ACTIVITY</p> | <p>4 EAT BREAKFAST WITHIN 30 MINUTES OF WAKING UP</p> |
| <p>5 PREP MEALS FOR WEEK TO PREVENT BAD CHOICES WHEN HUNGRY AND SPURGING</p> | <p>6 GO FOR A POWER WALK DURING LUNCH HOUR</p> | <p>7 MAKE AN APPOINTMENT WITH PRIMARY CARE PHYSICIAN FOR YEARLY PHYSICAL</p> | <p>8 CONNECT WITH A FRIEND WHO IS INTERESTED IN MEETING AT THE GYM FOR ACCOUNTABILITY</p> | <p>9 TRY EATING 6 SMALL MEALS A DAY, INSTEAD OF 3 LARGE ONES</p> | <p>10 INCREASE INTAKE OF FRUITS AND VEGGIES</p> | <p>11 TRY A NEW RECIPE THAT IS HEALTHIER FOR YOU AND YOUR FAMILY</p> |
| <p>12 DECREASE INTAKE OF FAST FOOD OR PROCESSED FOODS</p> | <p>13 LIMIT SOCIAL MEDIA AND INTERNET USE</p> | <p>14 MAKE SURE TO PARK FURTHER AWAY TO INCREASE ACTIVITY AND STEPS FOR THE DAY</p> | <p>15 WEIGH YOURSELF WEEKLY TO TRACK</p> | <p>16 LIMIT INTAKE OF SODIUM</p> | <p>17 MAKE A POINT TO TURN THE MUSIC UP AND DANCE IN THE KITCHEN</p> | <p>18 MAKE SURE TO GET AT LEAST 7-9 HOURS OF SLEEP</p> |
| <p>19 MONITOR BLOOD PRESSURE REGULARLY</p> | <p>20 TRY A NEW CLASS AT THE GYM WITH A FRIEND</p> | <p>21 DO A PLANK CHALLENGE AT WORK AND TIME WHO CAN HOLD PLANK THE LONGEST</p> | <p>22 MAKE A POINT TO EAT MEALS SLOWER AND CHEW EACH BITE LONGER</p> | <p>23 INCREASE FIBER INTAKE</p> | <p>24 AVOID FRUIT JUICE AND SUGARY DRINKS (ELIMINATE POP FROM DIET IF POSSIBLE)</p> | <p>25 GET A MASSAGE TO RELIEVE STRESS AND RELAX MUSCLES</p> |
| <p>26 PARTICIPATE IN YOGA AT HOME OR IN A CLASS TO RELIEVE STRESS AND INCREASE FLEXIBILITY</p> | <p>27 DRINK A FULL GLASS OF WATER BEFORE MEALS</p> | <p>28 INCREASE USE OF WHOLE FOODS</p> | <p>29 EAT HIGH PROTEIN FOR BREAKFAST</p> | <p>30 TAKE THE STAIRS INSTEAD OF ELEVATOR WHENEVER POSSIBLE</p> | <p>31 BOARD GAME NIGHT WITH FRIENDS/FAMILY</p> | |