

# AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>Month in Wellness</b> Complete at least 24 out of 31 to get a point on your fitness ticket				
	1 Take two (2) 15 minute breaks and go for a walk	2 No sugary drinks	3 Ask a co-worker to go for a walk with you	4 No fast food	5 No sweets day	6 Go for a walk in a park
7 Unplug day. No texting, instead call a relative or a friend	8 Eat healthy all day	9 Take two (2) 15 minute breaks and go for a walk	10 Drink at least 8 glasses of water (8 oz.)	11 Bring a salad for lunch	12 Eat 5 servings of fruits/veggies	13 Do something nice for yourself
14 Drink at least 8 glasses of water (8 oz.)	15 Ask a co-worker to go for a walk with you	16 No sugary drinks	17 Take two (2) 15 minute breaks and go for a walk	18 Bring a healthy snack to share with co-workers	19 No fast food	20 Start reading a book
21 Have a healthy breakfast	22 Bring a salad for lunch	23 Healthy dinner night	24 No sugary drinks	25 Drink at least 8 glasses of water (8 oz.)	26 Take two (2) 15 minute breaks and go for a walk	27 Eat healthy all day
28 Go for a walk in a park	29 Take two (2) 15 minute breaks and go for a walk	30 Drink at least 8 glasses of water (8 oz.)	31 Do something nice for someone			

## TIME TO PLANK BECAUSE:

### Y Improves Core Strength

Holding a plank position taps into your core muscles and helps you build a strong abdomen. This will cause your ab muscles to tighten, which can help you develop a “six pack” and improve strength and endurance in your core.

### Y Reduces Back Pain

Planks can strengthen your back muscles and improve your posture, which can reduce or eliminate back pain. Any exercise that strengthens your core will reduce lower back pain, so planks are a must if you have trouble in that area.

### Y Makes You Happy

Exercising releases endorphins, which can improve your mood. Plus, doing planks stretches and relaxes muscles that tense up over

long periods of sitting down. If you’re like me, you spend a lot of time at your desk, so it’s important to undo the damage done by long periods of sitting.

### Y Increases Flexibility

Planks stretch and utilize muscles that don’t get a lot of attention in everyday life, increasing your flexibility. Your shoulders, collarbone, hamstrings, and the arches of your feet can all benefit from this.

### Y Improves Balance

To perform a plank, you have to stay in position without sacrificing technique. This can be difficult on its own, but to challenge your balance even more, try doing side planks or leg raises. A regular schedule of various types of planks will help to improve your general sense of balance and your posture.

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

**Beginners, try the modified plank. Need something more challenging? Try the side plank or knee tuck plank. See more plank ideas on the next page.**

## MODIFIED PLANK



## BASIC PLANK



SIDE PLANK



FULL PLANK



ALTERNATING SHOULDER TAP PLANKS

KNEE TUCKS OR MOUNTAIN CLIMBERS



FULL PLANK WITH LEG LIFT



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>30 DAY PLANK CHALLENGE</b>				
	1 20 Seconds	2 25 Seconds	3 30 Seconds	4 REST DAY	5 30 Seconds	6 45 Seconds
7 45 Seconds	8 45 Seconds	9 REST DAY	10 45 Seconds	11 60 Seconds	12 60 Seconds	13 60 Seconds
14 75 Seconds	15 75 Seconds	16 75 Seconds	17 REST DAY	18 75 Seconds	19 90 Seconds	20 90 Seconds
21 90 Seconds	22 105 Seconds	23 105 Seconds	24 105 Seconds	25 REST DAY	26 105 Seconds	27 120 Seconds
28 120 Seconds	29 120 Seconds	30 140 Seconds	31 140 Seconds			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**KEEP DRINKING: ALEXIS' WATER CHALLENGE**

**8 OUNCES / 8 TIMES A DAY**

**COMPLETE AND EMAIL MARIE AT [mstamand@calhouncountymi.gov](mailto:mstamand@calhouncountymi.gov) BY SEPT. 6**

**CHANCE TO WIN 1 OF 3 PRIZES!!!**

	1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24 	25 	26 	27 
28 	29 	30 	31 