

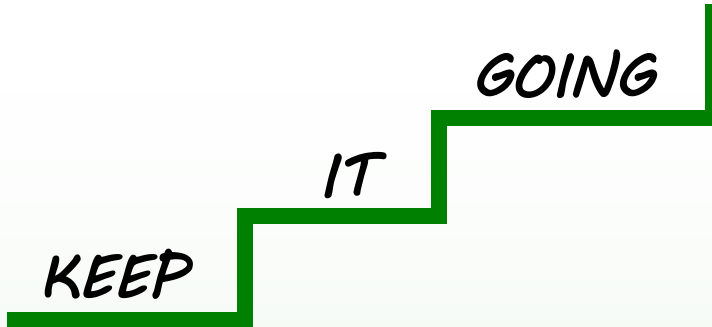
# Living Well Calhoun March Initiatives

Read more about this challenge in the Living Well Calhoun Newsletter.

## Fruits & Veggies Every Day



## STAIR CHALLENGE



### THE 7TH ANNUAL REUBEN RACE

The Reuben Race 10K & 5K Run/Walk is a fundraising event designed to benefit the Fountain Clinic in Marshall.

Saturday March 21st / 10:00 am Start Time  
105 N. Jefferson, Marshall, MI 49068



### ABOUT THE REUBEN RACE:

Run or walk while helping others at the same time! Registration is open online until Friday 3/20 and on race day at Pastrami Joe's beginning at 8:30 am. This race for charity takes you through our historic neighborhoods and parts of downtown. It begins and ends in front of the Marshall Fountain Clinic. Proceeds go to the Fountain Clinic to help with dental and health care for citizens in Calhoun County that cannot afford it as well as to the Kari-On Memorial Scholarship Fund. Join the fun and put your feet in motion for a good cause.

# Keep Stepping It Up Challenge

- ⇒ 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.



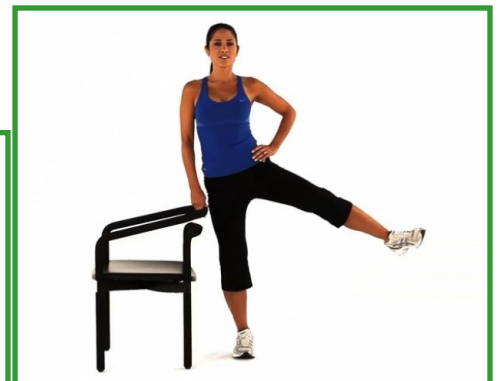
**Squat:** Complete this exercise on a landing. You can also use wall for balance. Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back as low as you can. Pause, then 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.**



# Stairs & Steps Challenges

**March 2020**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking	2	3	4	5	6	7
8 2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking	9	10	11	12	13	14
15 2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking	16	17	18	19	20	21
22 2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking	23	24	25	26	27	28
29	30	31				