



GET MOVING

Jump start your fitness journey with our 30-day physical activity calendar, featuring daily exercises to keep you moving, motivated, and on track toward your health and wellness goals!

1
Exercise benefits the heart, joints, mind and more. Start today to add more!

2
Goal: 150 minutes of moderate or 75 minutes of vigorous exercise weekly

3
Warm up for 5-10 minutes with stretching or walking

4
Finish exercise with a cool down stretch to keep muscles healthy

5
Learn how to do proper lunges. Start with 15 on each leg.

6
Here is a motivation play list to help get you moving

7
Learn how to do proper jumping jacks for cardio.

8
Strengthen your core with bicycle crunches. Learn how!

9
Rest days are important to avoid overtraining.

10
Learn how to strengthen legs with wall sits.

11
Strengthen the back and core with planks. Learn how!

12
Simple carbs are best for before a workout to help fuel your muscles.

13
Learn how to get your heart rate up with high knees.

14
Learn how to do a push up properly to get all the benefits of this exercise.

15
15 jumping jacks
10 lunges per leg
15 bicycle crunches
1 minute wall sit

16
Learn how to do triceps dips

17
Strengthen your legs with some Sumo squats

18
Hydration needs increase with exercise, so grab that water!

19
Learn how to do mountain climbers for a full body exercise

20
15 high knees
15 Sumo squats
25 sit ups
35 second plank

21
After exercise, go for protein like beans, yogurt, or eggs to replenish muscles

22
Learn how to do lying leg raises

23
Once you master the plank, learn how to do side planks

24
25 mountain climbers
15 triceps dips
15 leg raisers
35 sec side planks

25
Learn how to do reverse crunches

26
Learn how to do Russian twists

27
Add hydrating foods to your day like watermelon, cucumbers, celery, & yogurt

28
Learn how to do proper glute bridges

29
15 burpees
25 glute bridges
25 Russian twists
1.5 min plank

30
Do these routines regularly and increase the amounts as you feel stronger