









OCTOBER FAMILY FITNESS CHALLENGE

KICK-START-YOUR-HEART - COME ALIVE FOR 25!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4  	5 Stretching <input type="checkbox"/> Arms, legs, feet, neck, back (15 minutes) Deep Breathing Nose Inhale & Mouth Exhale (3 sets – one minute each)	6 Warm-Up Stretch <input type="checkbox"/> (15) Sit-Ups (10) Push-Ups Deep Breathing Cool-Down	7 Walk Maryland Day! <input type="checkbox"/> Walktober Easy walk (1 Mile)	8 Day of Rest & Relaxation <input type="checkbox"/> Exercise your mind- Read for 30 minutes 	9 Warm-Up Stretch <input type="checkbox"/> Outdoor Sport Golf, Soccer, Basketball, Tennis, V-Ball (30 Minutes) Deep Breathing Cool-Down	10 Warm-Up Stretch <input type="checkbox"/> Run in Place or Jump Rope: 1st set/30 seconds; 2nd set/1 min, (20) Jumping Jacks Deep Breathing
11 Warm-Up Stretch <input type="checkbox"/> Rapid Walk (1.5 Mile)  Deep Breathing Cool-Down	12 Warm-Up Stretch <input type="checkbox"/> Dance Party (30 minutes) Deep Breathing Cool Down	13 Day of Rest & Relaxation <input type="checkbox"/> Listen to nature: how many different sounds can you identify?	14 Warm-Up Stretch <input type="checkbox"/> Wheel Day Bike, Scooter, Rollerblade (45 minutes) Deep Breathing Cool-Down	15 Warm-Up Stretch <input type="checkbox"/> Walk/10 mins. Run/5 mins. Walk/20 mins Deep Breathing Cool-Down	16 Yoga Day! <input type="checkbox"/> Try one of our Classes or check out: Online Beginner Yoga	17 Warm-Up Stretch <input type="checkbox"/> Outdoor Sport Golf, Soccer, Basketball, Tennis, V-Ball (45 mins.) 
18 Day of Rest & Relaxation <input type="checkbox"/> Take a Virtual Tour: Visit a museum, zoo, or aquarium	19 Warm-Up Stretch <input type="checkbox"/> (25) Jumping Jacks (20) Sit-Ups (20) Push-Ups Deep Breathing Cool-Down	20 Warm-Up Stretch <input type="checkbox"/> Walk/10 mins. Run/5 mins. Walk/10 mins Run/7 mins. Walk/15 mins Cool Down 	21 Warm-Up Stretch <input type="checkbox"/> Try one of our classes or Online Old School Aerobics Cool Down	22 Warm-Up Stretch <input type="checkbox"/> Wheel Day Bike, Scooter, Rollerblade (1 hour) Deep Breathing Cool-Down	23 Day of Rest & Relaxation <input type="checkbox"/> Get in the Kitchen and Create Something Yummy	24 Warm-Up Stretch <input type="checkbox"/> Rapid Walk (2 Mile) Deep Breathing Cool-Down
25 Warm-Up Stretch <input type="checkbox"/> (30) Jumping Jacks (30) Sit-Ups (25) Push-Ups Deep Breathing Cool-Down	26 Warm-Up Stretch <input type="checkbox"/> Try a new workout or take a new class! 15 Minute Cardio Workout @ home	27 Warm-Up Stretch <input type="checkbox"/> Outdoor Sport Golf, Soccer, Basketball, Tennis, V-Ball (1 hour) Cool-Down	28 Day of Rest & Relaxation <input type="checkbox"/> Whatever makes you Happy... Almost there!	29 Warm-up Stretch <input type="checkbox"/> Easy walk (2 Mile) Deep Breathing Cool-Down CELEBRATION You Did It!!!	30 