

Fitness and Wellness Weekly Challenges and Tips to do with Teams

Weekly Challenge Examples

- Week 1: Squat Challenge (who can do the most)
- Week 2: Wall Sit Challenge (who can hold it the longest)
- Week 3: Naming Fruits (how many can you name as a team)
- Week 4: Naming Vegetables (how many can you name as a team)
- Week 5: Push-Up Challenge (who can do the most)
- Week 6: Crunch Challenge (who can do the most)
- Week 7: High Five Challenge (announce at the beginning of practice and see who can give the most amount of encouraging high fives throughout practice)
- Week 8: Naming Healthy Snacks (how many can you name as a team)
- Week 9: Jumping Jack Challenge (who can do the most in 1 minute)
- Week 10: Plank Challenge (who can hold it the longest)

Weekly Tips Examples

- **Week 1:** Drink water, not juice or soda, water helps the inside of your body work the way it is supposed to and helps your brain work better.
- **Week 2:** Eat your fruits and vegetables. Aiming to eat at least one fruit and vegetable every meal will help keep you healthy and help keep away illnesses.
- **Week 3:** Get outside and move. When the weather is nice it is great to get outside, get some fresh air and move. The more you move the healthier you will be.
- **Week 4:** Spend time with friends and/or family. Spending time with others helps brighten your mood and social interaction is good for your overall wellness.
- **Week 5:** Exercise for 30 minutes a day at least 5 days a week. Exercise can be walking, jogging, running, fitness exercises like squats and push-ups, stretching and balance training.
- **Week 6:** If you are a person who loves sugar and sweets (ice cream, cake, etc.), try to eliminate those at least 1 day a week to start and then go to 2 days, 3 days, etc.
- **Week 7:** If you are a person who love salty foods like chips, pretzels, crackers, etc. Try to eliminate those at least 1 day a week to start and then go to 2 days, 3 days, etc.
- **Week 8:** Do you eat out a lot? If so, try to cut down the days a week you do that and work on making meals at home. This saves money and it is healthier for you!
- **Week 9:** Avid TV watcher, gamer, social media user? Work on cutting down your screen time, start with 30 minutes a day and add 5-10 minutes every week. Replace this time with a walk, some exercise, light reading, the options are endless.
- **Week 10:** Do you eat Breakfast? If not, begin tomorrow! Breakfast is the most important meal of the day as it helps get your body and mind going and ready to conquer the day.