


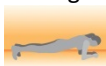








September Challenge: 10-a -day


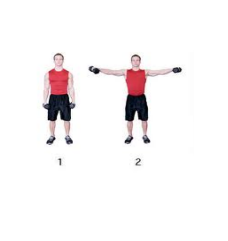

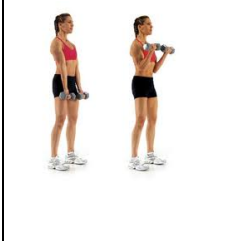

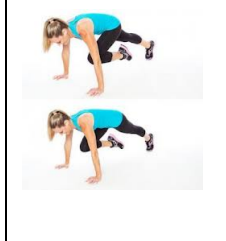
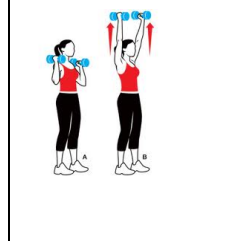
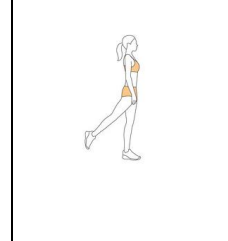
<p>Instructions: Complete as many of the 10-a-day challenges as you can during September. While there is a challenge for each day of the month, you do not need to complete the challenges in date order. If you wish, you can do more than one 10-a-day challenge in a day.</p> <p><u>What if I can't do a listed activity?</u> Substitute it with 10 minutes of walking, running, biking, hiking or swimming instead 😊</p>						
			<p>1</p>  <p>Jumping Jacks</p> <p>10 sets of 10 jumping jacks – spread them out during the day</p>	<p>2</p> <p>10 minutes of throwing/ catching/ playing outside</p>	<p>3</p> <p>Watching TV? Complete 10 x crunches/ sit ups during each commercial</p>	<p>4</p> <p>10 x 10 skater jumps: Jump side to side, one foot to the other. Spread them out during the day or do them in one go!</p>
<p>4</p> <p>Walk/Jog/ Run/ bike for 2 x 10 minutes</p>	<p>5</p> <p>Run in place as fast as you can for 10 seconds as many times as you can throughout the day</p>	<p>6</p> <p>10 push ups – how many sets of 10 can you complete in a day?</p>	<p>7</p> <p>2 x 10 side raises with each leg</p> 	<p>8</p> <p>Complete 3 rounds of: 10 x jump rope 10 x squat</p> <p>No jump rope? Pretend!</p>	<p>9</p> <p>Complete a 10 minute stretching routine. Hold each stretch for 10-20 seconds.</p>	<p>10</p> <p>Take 10,000 steps today – use a pedometer or a free phone app to track your steps</p> 
<p>11</p> <p>Walk/Jog/ Run/ bike for 2 x 10 minutes</p>	<p>12</p> <p>Complete 10: Mountain Climbers Sit ups Squats Tricep dips</p>	<p>13</p> <p>Hold a plank position for 10 seconds. Aim to do this at least 3 times during the day</p> 	<p>14</p> <p>Skip 10 times – either in place or while moving. Guaranteed to make you smile 😊 Aim to do this 10 x</p>	<p>15</p> <p>Complete this chair/ couch workout 3x: 10 sit stands 10 tricep dips 10 leg raises</p>	<p>16</p> <p>Scavenger Hunt: assign an exercise to a room. Do 10 of that exercise every time you go into that room</p>	<p>17</p> <p>Play 10 mins of indoor balloon volleyball: use a balloon, hit back & forth over set playing area.</p>
<p>18</p> <p>Walk/Jog/ Run/ bike for 2 x 10 minutes</p>	<p>19</p> <p>Put on some music and dance for 10 minutes</p> 	<p>20</p> <p>Choose two points in your house, as far apart as possible. See how many times you can get from point 1 to point 2 in 10 mins</p>	<p>21</p>  <p>Choose a color. Find 10 things of that color and touch them. You can do this at home, work, while shopping – anywhere!</p>	<p>22</p>  <p>3 x 10 lunges on each leg & a 10 min walk – help digest your Thanksgiving Dinner</p>	<p>23</p> <p>Pot Luck Challenge</p> 	<p>24</p> <p>10 minutes of throwing/ catching/ playing outside</p>
<p>25</p> <p>Walk/Jog/ Run/ bike for 2 x 10 minutes</p>	<p>26</p> <p>Can workout: Grab two cans & do: 10 side raises 10 shoulder presses 10 tricep kickbacks 10 bicep curls</p>	<p>27</p> <p>Complete a 10 minute stretching routine. Hold each stretch for 10-20 seconds.</p>	<p>28</p> <p>Brushing your teeth?</p>  <p>Do 10 x heel raises 10 x squats 10 x glute extensions</p>	<p>29</p> <p>Run in place as fast as you can for 10 seconds as many times as you can throughout the day</p>	<p>30</p> <p>Put on some music and dance for 10 minutes</p> 	


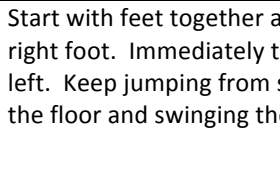
Activity/ Exercise Explanations



Pot Luck Challenge: Make a list of 10 things – they could be exercises, things you need to get done around your house, items that need putting away. Put them in a box and draw one out and complete it. If you are done with the activity within 10 minutes, choose another one. This challenge works really well with kids and is a great way to get them to do their chores and have some fun as well.

e.g. Pick up 10 items from the floor; Dance for 5 minutes; touch every wall inside wall in the house; carry laundry 3 items at a time (more trips!); do 10 push-ups; skip for 1 minute; do 10 jumping jacks; hold a plank for 30 seconds; 10 step ups; walk around your house 10 x. You can be really creative here!

Tricep Dips	Side Raises	Lunges	Bicep Curls	Side Leg Raises	Mountain Climber	Shoulder Press	Glute extensions
							
Point your fingers down and lower your body until your arms are at a 90° angle	Use cans or water bottles for this exercise	Step forward and bend your front knee until it is at a 90° angle. Don't let your knee go past your toes. Step back and repeat on the other leg.	Use cans or water bottles for this exercise	Raise your leg out to the side of your body, squeezing your glutes as you lift your leg. Repeat on the other leg	Get into a push up position. Alternate bringing your knees up to your chest	Use cans or water bottles for this exercise	Lift your leg behind your body, squeezing your glutes as you do so. Repeat on the other leg

Skater Jumps		Triceps Kickbacks	
	Start with feet together and jump to the right, landing on the right foot. Immediately take another lateral jump to the left. Keep jumping from side to side, keeping the jumps low to the floor and swinging the arms to add intensity.		Hold a can or water bottle in your hand. Make a right angle with your arm. Extend the arm back behind your body until it is straight and repeat.

Exercise Scavenger Hunt: Choose an exercise and assign a room to it. Every time you go into that room, complete that exercise 10 times e.g. Kitchen = 10 jumping jacks, bedroom = 10 knee lifts, garage = 10 side leg raises, bathroom = 10 arm punches, family room = run on the spot 10 times. Write the exercise on a post it note and put it somewhere you can see it – if you choose you can remove it once you have done the activity once or keep it there and do it multiple times.