

HOLIDAY HUSTLE



Healthy Habits Wellness Challenge

What to do:

NOW - JANUARY 2

30 minutes of gentle stretching

30 minutes of strength training

30 minutes of your choice cardio equipment

Take a Group Ex Class

30 minutes of being active with your family

30 minutes of Pickleball or any adult team sport

30 minute walk or run

30 minute session with a Personal Trainer

Go to be 30 minutes early

30 minutes of swimming

**WIN YMCA
STOCKING
STUFFERS!**

DETAILS:

- NO COST, NO REGISTRATION REQUIRED
- 30 DAYS DO NOT NEED TO BE CONSECUTIVE
- ACTIVITIES DO NOT HAVE TO BE AT THE Y (BUT WE'D LOVE TO SEE YOU HERE!)
- TRACKING SHEETS ARE LOCATED IN THE FITNESS CENTER & GROUP EX ROOM

