



30-DAY OVERALL WELLNESS CHALLENGE

NOTE: Wellness is about healthy eating, fitness, feeling our best, and fueling our bodies properly to provide us with the energy to do the things that make us happy and fulfilled.

THINGS TO KEEP IN MIND: This challenge will require commitment and hard work every step of the way. It will challenge you physically and mentally. In addition, it will motivate, inspire, and help you believe in yourself and all you are capable of achieving.

WHAT TO DO: Follow the guide below for each day's "challenge." The aim of this challenge is to create a balance, both physically and mentally, for overall wellness. Once you've completed this 30-day challenge, you will feel happier, healthier, and rejuvenated.

THE ROUTINE:

Day 1. EAT A HEALTHY BREAKFAST. Make a breakfast that contains a healthy protein, vegetable, fruit, and complex carbohydrate (i.e., egg whites with spinach + oatmeal with blueberries).

Day 2. DRINK ONE GALLON (128 OZ) OF WATER. You have an entire day (24 hours) to consume an entire gallon of water. In addition to hydrating your body, it will help flush out your system.

Day 3. COMPLETE 50 PUSH-UPS. Push-ups can either be full push-ups, push-ups from your knees, or hand release push-ups. What matters most is that your chest touches the ground with every push-up you do for proper range of motion and effectiveness. You have an entire day to complete 50 push-ups. If you are feeling up to it, you can do them all at once too.

Day 4. COMPLETE 100 SQUATS. You have this entire day (24 hours) to complete 100 squats. You can use a chair to help guide you and keep you in proper form.

Day 5. DO A YOGA CLASS. Go to your local yoga studio or gym to do a yoga class. Ask for a free trial class or the walk-in rate.

Day 6. VOLUNTEER YOUR TIME. Choose a charitable organization and volunteer 2-3 hours of your day to helping those in need.

Day 7. HAVE AN ALL GREEN VEGGIE SMOOTHIE. Whether you make it at home yourself or visit your nearest health food store/smoothie shop, drink an 8oz cup, or more, of an all green and all natural smoothie.

Day 8. DO A BOOTCAMP CLASS. Choose an appropriate boot camp class according to your current fitness level at your local gym or fitness studio.



Day 9. RUN OR WALK 2 MILES. Run, walk, or use a combination of both to total 2 miles. Exercising outside is preferred but doing this on a treadmill will work as well.

Day 10. COMPLETE 5 MINUTES OF ABDOMINAL PLANKING. Hold an abdominal plank or bridge for a total time of 5 minutes. You have a whole day to accumulate 5 total minutes of abdominal planking. You can do this in increments of 30 seconds, one minute, or whatever you are most comfortable with.

Day 11. KEEP TRACK / WRITE DOWN EVERYTHING YOU EAT. Take inventory of all the food you consume this day. Include all meals, snacks, desserts, etc. Calculate the total calories at the end of the day.

Day 12. EAT THREE SALADS. In addition to eating your regularly planned meals, add in three servings of salad throughout the day. You can eat the salads by themselves or along with others foods.

Day 13. GET YOUR BODY COMPOSITION MEASUREMENTS. Find a fitness studio in your area that offers body composition analysis. Most locations will provide this service free of charge as part of your initial consultation. Have them record your body fat percentage, BMI, total body inches, and weight.

Day 14. DO 100 BURPEES. You have this entire day (24 hours) to complete 100 burpees.

Day 15. GO FOR AN HOUR WALK. Take a break at any time throughout the day and go for a 60-minute, leisurely walk outdoors.

Day 16. WORKOUT TWICE TODAY. Get two workouts completed today at two different times. For example, run in the morning and then do some type of strength training class in the evening. Or, you could take a spin class in the morning and go swimming in the evening.

Day 17. DO A NEW OUTSIDE ACTIVITY WITH FRIENDS. Get out of your comfort zone and try a new outdoor activity with your friends. Go kayaking, paddle boarding, hiking, surfing, mountain biking, or scuba diving. The choices are endless. The idea is to enjoy the company of your friends and learn something new together.

Day 18. VOLUNTEER YOUR TIME AT AN ANIMAL SHELTER. Take a break at any time throughout the day. Whether it's in the morning, after work, or during your lunch break, go to your local animal shelter and volunteer to help feed, clean, play with, or walk the animal(s) at the shelter.

Day 19. EAT FOUR DIFFERENT FRUITS. In addition to eating your regularly planned meals today, add in three fruits. It can be different types of fruit. You can eat the fruit by itself or along with others foods too.



Day 20. JUMP ROPE OR JUMPING JACKS FOR 5 MINUTES. Jump rope or do jumping jacks for a total time of 5 minutes over a 24-hour period. You can do this in increments of 30 seconds to one minute or whatever is most comfortable for you.

Day 21. DO 100 SIT-UPS. You have this entire day (24 hours) to complete 100 sit-ups. It does not matter what abdominal exercises you choose to do as long as it adds up to 100 sit-ups completed this day.

Day 22. ONE-DAY VEGGIE CLEANSE. Reset your body with a one-day veggie cleanse. Have all the raw veggies you want today along with plenty of water and nothing else.

Day 23. GET A MASSAGE. Set an appointment to get a deep tissue massage to help ease achy muscles and relax the body.

Day 24. DO 100 LUNGES. You have this entire day (24 hours) to complete 100 lunges. These can be walking lunges, in place alternating lunges, or a combination of the two. The aim for today is to complete 100 lunges.

Day 25. ONE-DAY FRUIT CLEANSE. Reset your body with a one-day fruit cleanse. Eat all the fruit you want today along with plenty of water and nothing else.

Day 26. SWIM FOR 20 MINUTES. Whether it is freestyle, backstroke, breaststroke, butterfly, or a combination of all four, swim for a total of 20 minutes today. It can be in the ocean, lake, or swimming pool.

Day 27. CLIMB 250 STAIRS. Climb a total of 250 stairs today. It can be done all at once or broken up into sets of 50 stairs. You have 24 hours to climb a total of 250 stairs. Stairwells, convention center stairs, and stair machines, all are perfectly fine methods for climbing.

Day 28. EAT HALF YOUR WEIGHT IN PROTEIN GRAMS. Divide your weight by two and whatever number you get is the amount of protein grams you must consume in a 24-hour period ($\text{weight} \div 2 = \text{protein grams}$). Chicken, eggs, turkey or fish are acceptable protein sources. Make sure to read labels, so you know exactly how many grams of protein you are consuming per serving size.

Day 29. ROW 3200 METERS. Complete a total of 3200 meters on a row machine. You can split the distance up in 250 meter or 500 meter increments and rest. All 3200 meters must be completed within the same time frame. For example, if you choose to do it in the morning, allow yourself enough time to complete all meters that morning.

Day 30. SIGN-UP FOR AN UPCOMING FITNESS EVENT. Whether it's a 5K Race, 10K Race, Half Marathon, Marathon, Triathlon, Bike Ride, Hike, etc., sign-up for an upcoming organized fitness event.