

Don't forget to track your progress on Strava to win prizes:



October 2023

SANITY Sunday	MOVEMENT Monday	TONING Tuesday	WORKOUT Wednesday	TRAINING Thursday	FUN DAY Friday	SAVOR Saturday
	<p>** Recommendations Only: It's advisable to consult a YMCA trainer to tailor your fitness goals based on your current fitness level and capabilities.</p>	<p>START 10</p> <p>Open Hours meet with YMCA Wellness Staff. Tour/Schedule/Ask Questions</p> <p>Set a Goal for yourself</p>	<p>11</p> <p>YOGA, ZUMBA CARDIO, CYCLING</p> <p>You pick... Try Y 360 if you can't get to a branch.</p> <p>Or try a few laps</p>	<p>12</p> <p>Suggestions: Squats Jumping Jacks Crunches 10 Second Plank</p> <p>Do what works for you. Set a progression goal.</p>	<p>13</p> <p>Try a machine at the wellness center or a few laps in the pool</p> <p>Suggestion: Treadmill</p>	<p>14</p> <p>Make up for a weekday you might have missed.</p> <p>Or Go for a Walk, include family or friends, vow to move.</p>
<p>15</p> <p>15 minutes meditation. Try the Ten Percent Happier App (Free Year with Registration)</p>	<p>16</p> <p>Get Moving to start the week.</p> <p>Go for a walk</p> 	<p>17</p> <p>Work your upper body.</p> <p>Bicep Curls, Chest Press, Triceps – w/dumbbells or machine. Start with a few reps, increasing gradually</p>	<p>18</p> <p>YOGA, ZUMBA CARDIO, CYCLING</p> <p>You pick... Try Y 360 if you can't get to a branch.</p> <p>Or try a few laps</p>	<p>19</p> <p>Suggestions: Push Ups, Mountain Climbers, 20 Second Plank</p> <p>Try 5, then 10 and increase gradually.</p>	<p>20</p> <p>Try a NEW machine at the wellness center or a few laps in the pool</p> <p>Suggestion: Bicycle</p>	<p>21</p> <p>Make up for a weekday you might have missed.</p> <p>Or Go for a Walk, include family or friends, vow to move.</p>
<p>22</p> <p>15 Minutes of Stretching</p> <p>Visit the Branch and try the Steam Room and/or Sauna</p>	<p>23</p> <p>Bust a Move</p> <p>Take a break in your day to put on some music and let your body flow freely. Let off steam and stress</p>	<p>24</p> <p>Try a strength class at a branch or on Y360</p> <p>Try Foam Rolling – Ask Staff to show you how</p> 	<p>25</p> <p>YOGA, ZUMBA CARDIO, CYCLING</p> <p>You pick... Try Y 360 if you can't get to a branch.</p> <p>Or try a few laps</p>	<p>26</p> <p>Suggestions: Crunches, Squats, Lunges, 25 Second Plank</p> <p>Try 5, then 10 and increase gradually.</p>	<p>27</p> <p>Try a NEW machine at the wellness center or a few laps in the pool</p> <p>Suggestion: Row Machine</p>	<p>28</p> <p>Make up for a weekday you might have missed.</p> <p>Or Go for a Walk, include family or friends, vow to move.</p>
<p>29</p> <p>Ground Yourself – go outdoors and put your bare feet to the ground. Listen to a podcast and enjoy the sun</p>	<p>30</p> <p>Jump to the Rhythm</p> <p>Jumping Jacks</p> <p>High Kicks</p> <p>Power Punches</p>	<p>31</p> <p>Avoid the Candy</p> <p>Go for a walk around town to see all the decorations and kids in costumes. Try to beat a previous step goal.</p>	<p>1</p> <p>YOGA, ZUMBA CARDIO, CYCLING</p> <p>You pick... Try Y 360 if you can't get to a branch.</p> <p>Or try a few laps</p>	<p>2</p> <p>Suggestions: Squats, Bicycle Crunches, Burpees, 30 Second Plank</p> <p>Try 5, then 10 and increase gradually.</p>	<p>3</p> <p>Try a NEW machine at the wellness center or a few laps in the pool</p> <p>Suggestion: Elliptical</p>	<p>4</p> <p>Final Day – You Made it. Go for the Gold Today.</p> <p>Walk a little further Run a little faster Make a plan for November and keep it up</p>