New Year, Fresh Start Fitness Challenge

Visit **beachcitiesgym.com/challenge** for more information.

MEDICAL FITNESS Association CERTIFIED

BCHD A Public Agency Center for Health & Fitness

A Beach Cities Health District Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Get outside**	2 **20-seond plank, 10 bridges, 10 push-ups, 10 tricep dips, 10 mountain climb-ers, 10 crunches, 10 lunges, 10 calf raises, 10 squats**	3 **Eat a healthy snack**	4 **3 10-minute walks, easy pace**	5 **15 lunges, 15 burpees, 15 push-ups, 15 crun ches, 15 jumping jacks (or high knees)**	6 **Try a balance class from our FREE CHF exercise library**	7 **Mindfulness practice for 5 minute or longer**
8 **Call or visit a family member, friend, or neighbor**	9 **20-seond plank, 10 bridges, 10 push-ups, 10 tricep dips, 10 mountain climb-ers, 10 crunches, 10 lunges, 10 calf raises, 10 squats**	10 **Eat the rainbow (fruit and veggies)**	11 **3 20-minute walks, easy pace**	12 **15 lunges, 15 burpees, 15 push-ups, 15 crunches, 15 jumping jacks (or high knees)**	13 **Try a yoga class from our FREE CHF exercise library**	14 **Log off for the day**
15 **Get outside**	16 **30-seond plank, 15 bridges, 15 push-ups, 15 tricep dips, 15 mountain climb-ers, 15 crunches, 15 lunges, 15 calf raises, 15 squats**	17 **Go meatless**	18 **4 15-minute walks, brisk pace**	19 **20 lunges, 20 burpees, 20 push-ups, 20 crunches, 20 jumping jacks (or high knees)**	20 **Try a Mat Pilates class from our FREE CHF exercise library**	21 **Get 8 hours of sleep**
22 **Enjoy time with family, friend, or neighbor**	23 **30-seond plank, 15 bridges, 15 push-ups, 15 tricep dips, 15 mountain climb-ers, 15 crunches, 15 lunges, 15 calf raises, 15 squats**	24 **Eat less refined carbs**	25 **4 20-minute walks, brisk pace**	26 **20 lunges, 20 burpees, 20 push-ups, 20 crunches, 20 jumping jacks (or high knees)**	27 **Try an abs class from our FREE CHF exercise library**	28 **Make a gratitude list**
29 **Call or visit a family member, friend, or neighbor**	30 **4 20-minute walks, brisk pace**	31 **Drink more water**				

Move It
Monday

Try It
Tuesday

Walk It Out
Wednesday

Transformation
Thursday

Free For All
Friday

Sanity
Saturday

Sunday
Funday