



# Week 7 Weekly Challenge

## The Health and Fitness Challenge

This week, we want you to take a good hard look at where you are at with regard to fitness. It can be difficult to take charge of everyone's health and fitness (because you can't exactly force someone to go for a run) but you can take responsibility of your own.

The Get-Home Challenge from Module 4, may have been a wake-up call for you, based on where you are right now. This week, we want to take that one step further.

Take a long, hard, realistic look at your personal level of fitness. You're going to assess yourself and document this so you can see how much you need to improve.

- Weigh yourself
- Take measurements: chest, waist, hips, thigh, calf, and upper arm
- Walk (or if you're fit, run) one mile. How long did it take you? Note the route so that you can always take the same route on assessment day.
- How many sit-ups or crunches can you do in 1 minute?
- How many push-ups?

(For those with mobility issues, you may need to modify this assessment a little bit based on your abilities.) This is your baseline. In one month, you'll do this assessment again.

Next, we want you to make a plan to improve your fitness. No matter where you are, there's always room for improvement, right?

- Work in some cardio training 4-5 days per week. This can be walking, swimming, running, using in-home or gym equipment, hiking – the sky is the limit. But we all know it – we should be more active. If you are just starting out, begin with just 10 minutes of this activity.
- Make a plan for 2-3 times weekly strength training. This can be at the gym or at home. Basic calisthenics cost nothing but can really help you become more fit.
- Add in some flexibility. You can find some great yoga videos on YouTube. Add some gentle stretching to your day. Get the kiddos involved, too. Younger ones especially will love it.



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- Make family time more active. Instead of sitting down to watch a movie, do active things together. Play Frisbee, go for a hike, go swimming, take a walk to the library instead of driving, go for a bike ride.

Use these suggestions to write out a specific plan for the month.

A very effective way to do this is to get a 1-month whiteboard and write your plan on the whiteboard. Then, get colored dry erase markers and assign a color to each type of activity: cardio, strength, flexibility, and family activities. When you accomplish one of these things, make a line through it with your colored markers. At the end of the month, you'll have a rainbow to show you how much you've accomplished.

**NOTE:** This Health and Fitness Challenge is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. We encourage you to consult a medical professional before beginning a weight loss or exercise program, especially if there are other health issues present.