

THE RESET CHALLENGE



Build your Healthy Habit and win prizes! **Feb. 7-13**

When you get a BINGO (5 in a row), enter to win the weekly prize by visiting this link: bit.ly/33d4wGa

B I N G O

Do 10 jumping jacks every hour at work	Take a YMCA Group Exercise class <small>(online or in-person)</small>	Play a pickup game with a group of friends or family	Meal prep healthy lunch for 3 days this week	Complete a workout with a friend
Complete 20 minutes of cardio 5 days in a row	Eat 1 cup of Fruits and/or Vegetables for 3 meals this week	Have a game night with your friends or family	Take the stairs 3 days at work this week	Drink 64 oz of water 3 days this week
Run, Bike, Walk, and/or Swim 5 miles this week	Meditate or do Yoga for 10 minutes, 5 days in a row	FREE SPACE YOU ROCK!	Jump rope for 5 minutes, try 30-60 sec. intervals w/ a 30 sec. rest between sets	Go for a walk at lunch with coworkers
For one day, eat at least 3 colors in every meal	Try a YMCA On-Demand class during lunch	Do Pushups, Situps, or Planks during commercials while watching TV	Bring a friend to a YMCA Group Exercise class	Introduce yourself to a YMCA staff you have not met before
Visit the YMCA 3 or more times this week	Take a dance fitness class at the YMCA <small>(online or in-person)</small>	100 crunches or sit ups during the day for 3 consecutive days <small>(regular or modified)</small>	Try a new recipe at home from StrongLife.org	Get 10,000 steps 3 days this week