



# RESET<< CHALLENGE

## BODY

Build your Healthy Habit and win prizes! From February 20–26, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: [bit.ly/3Gn4KuY](https://bit.ly/3Gn4KuY)

**B**

Do three 30-second planks during the commercial breaks of your favorite TV show

Try a new group exercise class at the Y (in-person or online at YMCA360)

Incorporate two new vegetables into a meal this week

Do 30 squats

Turn your phone off after work one day this week

**I**

Prepare a healthy dinner using a recipe from YMCA360

Visit the Y three or more times this week (in-person or online at YMCA360)

Get 12,000 steps three days this week

Call a friend that you haven't spoken to in a while

Bring your lunch to work three times this week

**N**

Read at least two chapters of a new book

Perform two random acts of kindness

**FREE  
SPACE!  
YOU  
ROCK!**

Participate in a HIIT class at the Y (in-person or online at YMCA360)

Go to bed one hour earlier

**G**

Go for a 15–20 minute jog

Get up and stretch every 30 minutes during the workday

Complete two virtual fitness classes on YMCA360

Journal five things you are grateful for

Complete one Silver & Fit class on YMCA360

**O**

Do 10 minutes of meditation before bed

Replace one coffee break with a water break instead

Write down two positive affirmations

Do 30 jumping jacks

Wake up one hour earlier

Activities can be modified to suit your abilities