

April 2018

Sign up for "Walk Around the Sound" at the CAMP office or on the CAMP website <https://www.nortonsoundhealth.org/services/hospital-services/camp/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Get a picture with the Easter Bunny today</p> <p>Easter Sunday April Fool's Day</p>	<p>2</p> <p>Set a new goal for the month</p> <p>(Ex: food diary everyday)</p>	<p>3</p> <p>30-min cardio (ex: run/walk inside or outside)</p>	<p>4</p> <p>20 sit-ups 10-sec plank 5 push ups</p>	<p>5</p> <p>30-sec arm circles 30-sec overhead press 30-sec floor tricep dips</p>	<p>6</p> <p>15 squats 5 burpees 10 lunges each leg</p>	<p>7</p> <p>Journal 5 things you're grateful for</p>
<p>8</p> <p>Meal prep 3 dinners for this week</p>	<p>9</p> <p>10 leg raises 20 Russian Twists 20-sec plank</p>	<p>10</p> <p>20 jumping jacks 20 crunches 30-sec wall sit</p>	<p>11</p> <p>Complete a crossword puzzle or Sudoku</p>	<p>12</p> <p>22 sit-ups 15 squats 7 push ups</p>	<p>13</p> <p>30-min cardio (ex: run/walk inside or outside)</p>	<p>14</p> <p>Declutter at least one room today</p>
<p>15</p> <p>10 bicep curls 15 shoulder press 30-sec lateral raise</p>	<p>16</p> <p>25 sit-ups 24 flutter kicks 25-sec plank</p>	<p>17</p> <p>Drink 8 glasses of water</p>	<p>18</p> <p>30-min cardio (ex: run/walk inside or outside)</p>	<p>19</p> <p>20 squats 10 burpees 15 lunges each leg</p>	<p>20</p> <p>List: Things that make me feel amazing and post it as a reminder</p>	<p>21</p> <p>Take an afternoon nap</p>
<p>22</p> <p>Celebrate Earth Day and reduce your carbon footprint</p>	<p>23</p> <p>Pick up a book today and read for 30 mins</p> <p>World Book Day</p>	<p>24</p> <p>30-sec plank 10 jackknife crunches 24 Russian twists</p>	<p>25</p> <p>Give a thoughtful card to your favorite Administrative Professional</p> <p>Administrative Professional's Day</p>	<p>26</p> <p>30-min cardio (ex: run/walk inside or outside)</p>	<p>27</p> <p>30 mountain climbers 10 push-ups 30-sec arm circles</p>	<p>28</p> <p>Create a Spring bucket list</p>
<p>29</p> <p>Write a letter to your future self</p>	<p>30</p> <p>30-min cardio (ex: run/walk inside or outside)</p>	<p>"You can't spell CHALLENGE without CHANGE. If you're going to rise to the challenge, be prepared to change."</p>				

Name _____ Date of Birth _____

Guardian's name (If under 18) _____

Your Community: _____

Phone Number _____ Address _____

30 Day Fitness Challenge Rules

1. Complete exercise/activity designated for each day of the month.
2. You do not have to complete the exercises all at one time. For example: You can complete 15 mountain climbers in the morning of that day and 20 in the evening of that same day.
3. Participants under 18 years old must get a parent or guardian to sign the calendar.
4. Return completed calendar to CAMP to receive a prize.

I understand and accept the element of risk of physical injury through participation in the 30 Day Fitness Challenges. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or its employees, volunteers, and sponsors for this program. I will assume all risks and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that could arise.

I release Norton Sound Health Corporation from any and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.

(Participant or Parent/Guardian signature)

Date

Please return completed calendars to NSHC CAMP office or email Kim Gray kgray@nshcorp.org

Questions: Call 443-3365



**NORTON SOUND
HEALTH CORPORATION**

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