




August 2019

Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Set new goals for this month! ¹	20 bicep curls ² 10 tricep dips 5 pushups	Take a walk on the beach ³
Eat three different kinds of vegetables ⁴	Drink 8 glasses of water ⁵ 	20 toe touches ⁶ 15 bicycles crunches 15 sec plank	Avoid sugary beverages ⁷	20 jumping jacks ⁸ 30 sec wall sit 15 squats	Rent a book or movie from the library ⁹	Try a new recipe ¹⁰
10 pushups ¹¹ 20 arm circles 10 lateral raises (W/ weights or milk jugs)	Do something that makes you smile! ¹² 	Eat two different kinds of fruit today. ¹³	5 jump squats ¹⁴ 5 burpees 10 front lunges	Have a cup of tea to relax! ¹⁵	Do some stretching on the beach. ¹⁶	Do some summer cleaning and bring donations to thrift store. ¹⁷
15 sec superman pose ¹⁸ 20 sec plank	15 tricep dips ¹⁹ 15 pushups 20 jumping jacks	Catch up with an old friend ²⁰	20 bicycle crunches ²¹ 30 Russian twists	Write down 10 things you are thankful ²²	Have a game night with friends or family. ²³	Take a power nap. ²⁴
Eat 2 cups of raw veggies today! ²⁵	Drink 10 glasses of water. ²⁶ 	Try some yoga poses. ²⁷	10 bridges ²⁸ 20 pushups 20 squats	20 secs knee highs ²⁹ 20 sec jumping jacks 20 sec planks	Clean up the yard! ³⁰	Labor Day Weekend! ³¹ Spend time with friends and family!

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)



Please return completed calendars to
NSHC CAMP office or email
Kim Gray kgray@nshcorp.org
Questions: Call 443-3365



Date

**NORTON SOUND
HEALTH CORPORATION**