

DECEMBER



2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
| <p>Please remember to maintain social distancing this holiday season to slow the spread of COVID-19. Wear masks when in public and practice good hygiene. Regular physical activity and good nutrition lead to good health outcomes, don't forget to focus on your wellness!</p> | | <p>1 Do an outdoor activity for at least 30 minutes</p> | <p>2 Find an online workout video and complete it (minimum of 15 minutes)</p> | <p>3 Get 7,500 Steps! Drink at least 64 ounces of water</p> | <p>4 5 Burpees 5 push ups 5 sumo squats</p> | <p>5 Get 10,000 Steps! Drink at least 64 ounces of water</p> |
| <p>6 30 Second Plank 5 Push Ups Repeat x 3</p> | <p>7 10 Burpees Do 10 minutes of stretching or meditation</p> | <p>8 Take a 2 hour break from screens- either do an exercise, chores, participate in a craft, or read a book!</p> | <p>9 10 Burpees Do 10 minutes of stretching or meditation</p> | <p>10 Get 7,500 Steps! Drink at least 64 ounces of water</p> | <p>11 Find an online workout video and complete it (minimum of 15 minutes)</p> | <p>12 Get 10,000 Steps! Drink at least 64 ounces of water</p> |
| <p>13 30 Second Plank 5 Push Ups Repeat x 3</p> | <p>14 10 Burpees Do 10 minutes of stretching or meditation</p> | <p>15 Reach out to a family or friend you've been meaning to text, write, or call.</p> | <p>16 10 Burpees Do 10 minutes of stretching or meditation</p> | <p>17 Get 7,500 Steps! Drink at least 64 ounces of water</p> | <p>18 Find an online workout video and complete it (minimum of 15 minutes)</p> | <p>19 Get 10,000 Steps! Drink at least 64 ounces of water</p> |
| <p>20 45 Second Plank 10 Push Ups Repeat x 3</p> | <p>21 15 Burpees Do 10 minutes of stretching or meditation</p> | <p>22 Try a new vegetable today with lunch or dinner!</p> | <p>23 15 Burpees Do 10 minutes of stretching or meditation</p> | <p>24 Get 7,500 Steps! Drink at least 64 ounces of water</p> | <p>25 Enjoy the holiday, relax and rejuvenate!</p> | <p>26 Get 10,000 Steps! Drink at least 64 ounces of water</p> |
| <p>27 60 Second Plank 10 Push Ups Repeat x 3</p> | <p>28 15 Burpees Do 15 minutes of stretching or meditation</p> | <p>29 Cook a healthy dinner, use the leftovers for a healthy lunch tomorrow.</p> | <p>30 15 Burpees Do 15 minutes of stretching or meditation</p> | <p>31 Get 7,500 Steps! Drink at least 64 ounces of water</p> | <p>Helpful Links: How to do a Burpee: https://www.youtube.com/watch?v=dZGvxf6jka Example Workout Video: https://www.youtube.com/watch?v=kqaNUjTR70A Sumo Squat: https://www.youtube.com/watch?v=sqDGkIBYPAk</p> | |

Name _____ Date of Birth _____

Guardian's name (If under 18): _____

Your Community: _____

Phone Number: _____

Address: (to send incentive) _____

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
wellness@nshcorp.org
Questions: Call 443-3365



Date

**NORTON SOUND
HEALTH CORPORATION**