

# October

## Lower Body Workout Challenge



### How to

sun	mon	tues	wed	thurs	fri	sat
					1 20 Air Squats	2 Play a Family Game
3 20 Lunges	4 Eat a Healthy Lunch	5 20 Calf Raises	6 Start a Book	7 20 Air Squats	8 Do Something Outside	9 20 Lunges
10 Cook a New Healthy Recipe	11 20 Calf Raises	12 Read a Book	13 20 Air Squats	14 Go for a Walk	15 20 Lunges	16 Eat a Healthy Breakfast
17 20 Calf Raises	18 Read a Book	19 20 Air Squats	20 Read a Book	21 20 Lunges	22 Play a Family Game	23 20 Calf Raises
24 Make a Healthy Dinner	25 20 Air Squats	26 Read a Book	27 20 Lunges	28 Take Time for Yourself	29 20 Calf Raises	30 Spend Time with Family
31 Go for a Walk						

### Air Squat

- Stand with legs shoulder width apart
- While keeping back straight, get into squatting position by acting as if sitting in a chair until your legs reach 90 degrees
- Stand up slowly and repeat

### Lunges

- Stand with legs shoulder width apart
- Extend one leg in front of you
- Bend your knee until back leg knee is almost touching the ground, do not touch knee to the ground
- Stand up and put front leg in standing position
- Repeat with opposite leg

### Calf Raises

- Stand with legs shoulder width apart
- Slowly roll so that most of your weight is on the front of your foot
- Slowly allow yourself to return to starting position

### Baked Apples with Yogurt

#### Ingredients

- Apple
- Cinnamon
- Yogurt

Take apple and cut into slices. Cover generously with cinnamon. Wrap in foil or put in covered pan into the oven. Leave for 15 minutes at 350 F or until apple is soft. Take out and serve in yogurt either hot or cold

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Guardian's name (If under 18): \_\_\_\_\_

Your Community: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Address \_\_\_\_\_

Do you want your incentive mailed? *Yes or No*

Choose an Incentive:

- \$10 Veggie Bucks for a CAMP Sponsored Produce Market
- 50% Nome Rec Center Monthly Pass Coupon
- 5-Punch Nome Rec Center Pass
- Foods We Alaskans Enjoy Cookbook
- 5-punch pool pass
- Water Bottle w/Water Timeline *Circle Color Choice: Orange      Blue      Black      Clear      MintGreen*

30 Day Wellness Challenge Rules

- Complete exercise/activity designated for each day of the month.
- 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.
- Participants under 18 years old must get a parent or guardian to sign the calendar.
- 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 Wellness 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 (if under 18 years old):** \_\_\_\_\_



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

