

SEPTEMBER 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
						01 Moose Hunting Season! Get outside and explore
02 Swap out your AM coffee for tea	03 LABOR DAY! Take a 30 min. walk outside	04 Get your things together for the next day before bed	05 10 lunges 10 toe touches 10 mountain climbers Repeat 3x	06 Drink at least 8 ounces of water today	07 Kettlebell push press, 10 each arm X2	08 Visit the Katirvik Cultural Center – they're open 2-6PM
09 Bring your own bag to the grocery store	10 Use a protein in a new recipe	11 Schedule your next wellness check-up	12 Walk or bike instead of driving somewhere	13 Skip dessert, have a piece of fruit instead	14 Cook your favorite vegetable in a different way	15 10 lunges 10 toe touches 30 sec plank Repeat 3x
16 Movie Night with the family or get full 8 hours of sleep	17 Meal-Prep Monday! Make ahead 3 meals for the week	18 15 lunges 15 toe touches 15 table dips Repeat 3x	19 Try a new vegetable or fruit today – was it good?	20 Jog for 30 mins	21 Enjoy a plain cup of coffee or tea – skip the cream and sugar	22 40 jumping jacks 20 arm circles 40 crunches
23 Pick up your favorite book or magazine and read for 30 minutes	24 10 burpees 20 squats 30 high-knees Repeat 3x	25 Try a new class at the Rec Center	26 Jog for 30 mins	27 Try a new recipe; make it for friends and family	28 De-clutter today, clean up around the house	29 20 lunges 20 toe touches 10 squats Repeat 3x
30 Make moose stew, moose chili, or use it in spaghetti sauce						

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**