

April 11-May 10 **Spark your movement.**

4-Week Challenge

Name: _____

Email: _____

Your goal is to move at least 150 minutes each week, for 4 consecutive weeks.

Keep track of your progress using your Spark Your Movement challenge card. Here's how:

Complete one row of challenges per week. Fill in the number of minutes accomplished, and the date completed.

Exercises do not need to be completed in order, you just need to complete 150 minutes each week.

See reverse side for challenge category activity ideas.

Week 1 Spark your movement.						
Get Your Steps	Life Fitness Academy*	Spring Cleaning	Circuits	LES MILLS™ On Demand*	Recovery	Outdoor Activities
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Total minutes:						

Week 2 Keep on moving.						
Get Your Steps	Life Fitness Academy*	Spring Cleaning	Circuits	LES MILLS™ On Demand*	Recovery	Outdoor Activities
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Total minutes:						

Week 3 You have the momentum.						
Get Your Steps	Life Fitness Academy*	Spring Cleaning	Circuits	LES MILLS™ On Demand*	Recovery	Outdoor Activities
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Total minutes:						

Week 4 You can see the finish line.						
Get Your Steps	Life Fitness Academy*	Spring Cleaning	Circuits	LES MILLS™ On Demand*	Recovery	Outdoor Activities
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Total minutes:						

**Complete your 4-week challenge and submit your card to us once we reopen.
You'll be entered into a drawing to win a one-year membership!**

*COMPLIMENTARY online video workout class options. See website for details.

You are responsible for exercising within your limits. You are voluntarily participating in physical activities and are performing them in the environment of your choice. To the extent permitted by law you assume all risk of injury to person and property, and agree to release and discharge Power Wellness Management, Northwestern Medicine Kishwaukee Health & Wellness Center, and their affiliates from any and all claims or causes of action, known or unknown, arising out of participation in this program.

For Official Rules, prize descriptions and odds, visit nmkishhwc.com/giveaway-rules

Spark your movement.

Challenge category activity ideas:

Get Your Steps

- Walk
- Jog
- Run

Life Fitness Academy

See website for COMPLIMENTARY online video workout class options.

Spring Cleaning

- Yard clean-up (rake leaves, prep garden)
- House clean-up (vacuum, dust, etc.)
- Garage clean-up (sweep and organize)
- Closet clean-up (collect for donation)

Circuits

- Core circuit (planks, side planks, crunches)
- Bodyweight circuit (squats, push-ups, lunges)
- Lower body circuit (squats, lunges, bridges, stair step-ups)
- Upper body circuit (push-ups, bicep curls, shoulder press, bent-over row)

LES MILLS™ On Demand

See website for COMPLIMENTARY online video workout class options.

Recovery

- Meditation
- Stretching
- Foam roller

Outdoor Activities

- Playing catch
- Badminton
- Bocce ball
- Bike ride
- Family scavenger hunt

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