

HOLIDAY HUSTLE



Healthy Habits Wellness Challenge

What to do:

NOW – JANUARY 2

30 minutes of gentle stretching

30 minutes of Pickleball or any
adult team sport

30 minutes of strength training

30 minute walk or run

30 minutes of your choice cardio
equipment

30 minute session with a Personal
Trainer

Take a Group Ex Class

Go to be 30 minutes early

30 minutes of being active with your
family

30 minutes of swimming

**WIN YMCA
STOCKING
STUFFERS!**

DETAILS:

- NO COST, NO REGISTRATION REQUIRED
- 30 DAYS DO NOT NEED TO BE CONSECUTIVE
- ACTIVITIES DO NOT HAVE TO BE AT THE Y (BUT WE'D LOVE TO SEE YOU HERE!)
- TRACKING SHEETS ARE LOCATED IN THE FITNESS CENTER & GROUP EX ROOM

