

# Just Move It

Maintaining an active lifestyle helps keep you well, both physically and emotionally. Depending on what you are doing, it might boost your social wellbeing, too!

**Your challenge is to complete 50 fitness activities in 50 days.**

## How it Works

- Choose any exercise from the list on the next page and record that number on the day you completed it
- You can complete multiple activities per day, but you can't record the same activity twice
- You can double up on activities (ex: you walked for 30 minutes (#2) with a friend (#12)).
- You can't combine mileage or minutes (if you walk 60 minutes (#4), you can't include activities #1-3 in that event).

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
50						

## Walking/Running

1. Walk for 15 minutes
2. Walk for 30 minutes
3. Walk for 45 minutes
4. Walk for 60 minutes
5. Walk 5,000 steps in one day
6. Walk 10,000 steps in one day
7. Run or walk 1 mile
8. Run or walk 2 miles
9. Run or walk 3 miles
10. Run or walk 4 miles
11. Run or walk 5 miles
12. Walk with a friend
13. Run with a friend
14. Walk with a pet
15. Run with a pet
16. Walk on a trail
17. Walk at the mall
18. Walk on the beach
19. Walk on a treadmill
20. Run on a treadmill
21. Walk to work

## Bodyweight Exercises

22. Do 10 push-ups
23. Do 20 push-ups
24. Do 30 push-ups
25. Do 40 push-ups
26. Do 50 push-ups
27. Do 25 squats
28. Do 50 squats
29. Do 25 jumping jacks
30. Do 50 jumping jacks
31. Do 10 burpees
32. Do 20 burpees
33. Do 10 mountain climbers
34. Do 20 mountain climbers
35. Do a 30-second forearm plank
36. Do a 60-second forearm plank
37. Do 10 alternating lunges
38. Do 20 alternating lunges
39. Do 15 abdominal crunches
40. Do 30 abdominal crunches
41. Do 45 abdominal crunches

## Mind-Body

42. Practice yoga at home
43. Take a yoga class
44. Follow a yoga video online
45. Practice pilates
46. Take a pilates class
47. Practice martial arts
48. Stretch for 10 minutes
49. Stretch twice in one day
50. Stretch while talking on the phone
51. Stretch before going to work
52. Stretch before going to bed

## Miscellaneous Fun

53. Take the stairs
54. Stand up when using your phone
55. Walk while talking on the phone
56. Calf raises while washing dishes
57. Calf raises while brushing teeth
58. Ride a bike
59. Bike to work
60. Take a spin class
61. Take a Zumba class
62. Go dancing
63. Go swimming
64. Take water aerobics
65. Play a sport
66. Roller skate or rollerblade
67. Exercise at home
68. Exercise in a fitness center
69. Exercise at a playground
70. Use an arm ergometer
71. Use a rowing machine
72. Play tag
73. Use a boxing bag
74. Take a weight-lifting class
75. Use stationary weight machines
76. Use free-weights
77. Use resistance bands or tubing
78. Complete a fun run/charity event
79. Golf and walk the course
80. Go surfing or wake-boarding
81. Go skiing or snowboarding
82. Go rock climbing
83. Go backpacking
84. Go canoeing
85. Play Frisbee