

# 01

# 2021

## JANUARY

### Lunges

Stand tall with your shoulders back, relaxed and chin up. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle and that your other knee is just above the floor. Keep the weight on your heels as you push back up to the starting position.

### Mindfulness Activities

M<sub>1</sub>- Write down a goal!

M<sub>2</sub>- Do a 5-minute stretch!

M<sub>3</sub>- Tidy up an area!

M<sub>4</sub>- Make a list of things you are grateful for!

M<sub>5</sub>- De-Clutter your phone!

SUN	MON	TUE	WED	THU	FRI	SAT
					1 15 LUNGES	2 20 LUNGES
3 25 LUNGES AND M1	4 30 LUNGES	5 35 LUNGES	6 REST	7 40 LUNGES	8 45 LUNGES	9 50 LUNGES
10 55 LUNGES AND M2	11 60 LUNGES	12 65 LUNGES	13 REST	14 70 LUNGES	15 75 LUNGES	16 80 LUNGES
17 85 LUNGES AND M3	18 90 LUNGES	19 95 LUNGES	20 REST	21 100 LUNGES	22 105 LUNGES	23 110 LUNGES
24 115 LUNGES AND M4	25 120 LUNGES	26 125 LUNGES	27 REST	28 130 LUNGES	29 135 LUNGES	30 140 LUNGES
31 145 LUNGES AND M5						



## CERVICAL CANCER AWARENESS MONTH

# 02

# 2021

## FEBRUARY

### Tricep Dips

Sitting on a secured desk or chair, position your hands shoulder-width apart behind you. Slide your body off of your desk or chair with your legs extended to a 90-degree angle. Keeping a slight bend in your elbow, lower your body down and then back up repeatedly for the desired number of repetitions.

### Mindfulness Activities

M<sub>1</sub>-Give a compliment!

M<sub>2</sub>-Print a positive quote!

M<sub>3</sub>-Do something for YOU!

M<sub>4</sub>-Drink more water today!

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10 DIPS	2 15 DIPS	3 REST	4 20 DIPS	5 25 DIPS	6 30 DIPS
7 35 DIPS AND M1	8 40 DIPS	9 45 DIPS	10 REST	11 50 DIPS	12 55 DIPS	13 60 DIPS
14 65 DIPS AND M2	15 70 DIPS	16 75 DIPS	17 REST	18 80 DIPS	19 85 DIPS	20 90 DIPS
21 95 DIPS AND M3	22 100 DIPS	23 105 DIPS	24 REST	25 110 DIPS	26 115 DIPS	27 120 DIPS
28 125 DIPS AND M4						

LIVE WELL

AMERICAN HEART MONTH

# 03

# 2021

## MARCH

### Standing Crunches

Stand with feet shoulder-width apart. place hands on hips and engage and tighten your abs. Crunch forward and down.

### Side Crunches

Stand with feet shoulder-width apart. Place hands behind head and engage your core. Crunch to the left and down, then return to standing. Repeat on the right side. That whole sequence counts as one.

### Mindfulness Activities

M1-Every Sunday in this month, take at least five minutes to step outdoors, appreciate your surroundings and reflect on all that's good in your lfie

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10 SIDE CRUNCHES	2 15 STANDING CRUNCHES	3 REST	4 15 SIDE CRUNCHES	5 20 STANDING CRUNCHES	6 20 SIDE CRUNCHES
7 25 STANDING CRUNCHES AND M1	8 25 SIDE CRUNCHES	9 30 STANDING CRUNCHES	10 REST	11 35 SIDE CRUNCHES	12 40 STANDING CRUNCHES	13 40 SIDE CRUNCHES
14 45 STANDING CRUNCHES AND M1	15 45 SIDE CRUNCHES	16 50 STANDING CRUNCHES	17 REST	18 50 SIDE CRUNCHES	19 55 STANDING CRUNCHES	20 55 SIDE CRUNCHES
21 60 STANDING CRUNCHES AND M1	22 60 SIDE CRUNCHES	23 65 STANDING CRUNCHES	24 REST	25 65 SIDE CRUNCHES	26 70 STANDING CRUNCHES	27 70 SIDE CRUNCHES
28 75 STANDING CRUNCHES AND M1	29 75 SIDE CRUNCHES	30 80 STANDING CRUNCHES	31			



## SLEEP AWARENESS MONTH

# 04

# 2021

## APRIL

### Shoulder Taps

Start in a plank position with hands shoulder-width apart on the floor, keeping your hips square to the floor, lift your right hand and tap your left shoulder. Return to starting position and repeat with the other arm.

Modification:  
Keep knees placed on floor while in push-up position.

### Mindfulness Activities

- M1-Turn on your favorite song and bust a move!
- M2-Light a candle.
- M3-Read an inspirational quote.
- M4-Share a big smile with a stranger!

SUN	MON	TUE	WED	THU	FRI	SAT
				1 8 TAPS TOTAL	2 10 TAPS TOTAL	3 12 TAPS TOTAL
4 14 TAPS TOTAL AND M1	5 16 TAPS TOTAL	6 18 TAPS TOTAL	7 REST	8 20 TAPS TOTAL	9 22 TAPS TOTAL	10 24 TAPS TOTAL
11 26 TAPS TOTAL AND M2	12 28 TAPS TOTAL	13 30 TAPS TOTAL	14 REST	15 32 TAPS TOTAL	16 34 TAPS TOTAL	17 36 TAPS TOTAL
18 38 TAPS TOTAL AND M3	19 40 TAPS TOTAL	20 42 TAPS TOTAL	21 REST	22 44 TAPS TOTAL	23 46 TAPS TOTAL	24 48 TAPS TOTAL
25 50 TAPS TOTAL AND M4	26 52 TAPS TOTAL	27 54 TAPS TOTAL	28 REST	29 56 TAPS TOTAL	30 58 TAPS TOTAL	



## NATIONAL AUTISM AWARENESS MONTH

# 05

# 2021

## MAY

### Total Body Workout

#### Wall Sit

Place your back against a sturdy wall with your feet shoulder-width apart. Lower your hips until your knees form right angles. Hold this position until time is up!

### Mindfulness Activities

M1-Gratitude Minute:

What are you grateful for? Phone a friend: Catch up with a loved one!

M2-Deep Breathing:

Inhale the good, exhale the bad.

M3-Phone Break:

Unplug for one hour.

M4-Stretch: Take 60 seconds to stretch your arms, back, legs and shoulders today.

M5-High Five: Show someone appreciation with an enthusiastic high five!

SUN	MON	TUE	WED	THU	FRI	SAT
						1 10 SHOULDER TAPS
2 15 SHOULDER TAPS AND M1	3 20 SHOULDER TAPS	4 25 SHOULDER TAPS	5 REST	6 10 CHURCHES	7 20 CHURCHES	8 30 CHURCHES
9 40 CHURCHES AND M2	10 50 CHURCHES	11 60 CHURCHES	12 REST	13 10 LUNGES	14 20 LUNGES	15 30 LUNGES
16 40 LUNGES AND M3	17 50 LUNGES	18 60 LUNGES	19 REST	20 10 TRICEP DIPS	21 20 TRICEP DIPS	22 30 TRICEP DIPS
23 40 TRICEP DIPS AND M4	24 50 TRICEP DIPS	25 60 TRICEP DIPS	26 REST	27 15 SECOND WALL SIT	28 30 SECOND WALL SIT	29 60 SECOND WALL SIT
30 90 SECOND WALL SIT AND M5	31 120 SECOND WALL SIT					

LIVE WELL

MENTAL HEALTH MONTH

# 06

# JUNE

# 2021

## Triceps and Calves Mindfulness Activities

Each Sunday will be dedicated to a mindfulness activity. Choose from the following below or create your own.

**M1**-Tell someone you look up to what characteristics you appreciate about them

**M2**-Do something this week that takes you out of your comfort zone!

**M3**-Grab a buddy and go for a 15 minute walk!

**M4**-Drink only water today!

SUN	MON	TUE	WED	THU	FRI	SAT
		1 15 CALF RAISES	2 REST	3 5 TRICEP DIPS	4 10 TRICEP DIPS	5 15 TRICEP DIPS
6 20 TRICEP DIPS AND M1	7 25 TRICEP DIPS	8 30 TRICEP DIPS	9 REST	10 20 CALF RAISES	11 25 CALF RAISES	12 30 CALF RAISES
13 35 CALF RAISES AND M2	14 40 CALF RAISES	15 45 CALF RAISES	16 REST	17 35 TRICEP DIPS	18 40 TRICEP DIPS	19 45 TRICEP DIPS
20 50 TRICEP DIPS AND M3	21 55 TRICEP DIPS	22 60 TRICEP DIPS	23 REST	24 50 CALF RAISES	25 55 CALF RAISES	26 60 CALF RAISES
27 65 CALF RAISES AND M4	28 70 CALF RAISES	29 75 CALF RAISES	30 REST			



## MEN'S HEALTH MONTH

# 07 JULY

# 2021

## Squat Kicks

Start in a squat position with your hips back and your feet shoulder-width apart. As you stand up, switch your weight to your right leg out in front of you. Return to the squat position and repeat on your right leg.

## Mindfulness Activities

M<sub>1</sub>-Get outside and enjoy the sunshine!

M<sub>2</sub>-Break out a board game and grab a family member or friend to play!

M<sub>3</sub>-Tell a loved one something you appreciate about them!

M<sub>4</sub>-Paste a positive quote somewhere you'll see everyday!

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10 STANDING CRUNCHES	2 14 STANDING CRUNCHES	3 18 STANDING CRUNCHES
4 22 STANDING CRUNCHES AND M1	5 26 STANDING CRUNCHES	6 30 STANDING CRUNCHES	7 REST	8 10 SQUAT KICKS	9 14 SQUAT KICKS	10 18 SQUAT KICKS
11 22 SQUAT KICKS AND M2	12 26 SQUAT KICKS	13 30 SQUAT KICKS	14 REST	15 34 STANDING CRUNCHES	16 38 STANDING CRUNCHES	17 42 STANDING CRUNCHES
18 46 STANDING CRUNCHES AND M3	19 50 STANDING CRUNCHES	20 54 STANDING CRUNCHES	21 REST	22 34 SQUAT KICKS	23 38 SQUAT KICKS	24 42 SQUAT KICKS
25 46 SQUAT KICKS AND M4	26 50 SQUAT KICKS	27 54 SQUAT KICKS	28 REST	29 58 STANDING CRUNCHES	30 62 STANDING CRUNCHES	31 68 STANDING CRUNCHES



UV SAFETY MONTH



# 08

# 2021

## AUGUST

### Total Body Workout

### Mindfulness Activities

Each Sunday will be dedicated to a mindfulness activity. Choose from the following below.

**M1-Stretch:** Get up and stretch for a few short minutes; arms, legs, ankles, wrists, and neck.

**M2-Get Outside:**

Step out your front door and enjoy a few deep, relaxing breaths of fresh air.

**M3-Laugh:**

Find a funny joke and share it with someone to make them smile and laugh.

**M4-Share:** Write a note to someone you care about and share your gratitude. Hand deliver or mail it.

**M5-Goal:** Write down a challenging, yet attainable goal to accomplish next month.

SUN	MON	TUE	WED	THU	FRI	SAT
1 30 CALF RAISES AND M1	2 30 STANDING ABS	3 20 SQUATS	4 REST	5 30 SECOND WALL SIT	6 10 PUSH-UPS	7 20 TRICEP DIPS
8 40 STANDING CRUNCHES AND M2	9 30 SECOND PLANK	10 20 SHOULDER TAPS	11 REST	12 70 CALF RAISES	13 40 LUNGES	14 50 STANDING CRUNCHES
15 40 SQUATS AND M3	16 10 SHOULDER TAPS	17 20 PUSH-UPS	18 REST	19 30 TRICEP DIPS	20 60 STANDING CRUNCHES	21 60 SECOND PLANK
22 30 SHOULDER TAPS AND M4	23 100 CALF RAISES	24 50 LUNGES	25 REST	26 70 STANDING CRUNCHES	27 40 SHOULDER TAPS	28 70 CALF RAISES
29 30 PUSH-UPS AND M5	30 60 SECOND WALL SIT	31 60 LUNGES				



## IMMUNIZATION AWARENESS MONTH



# 09

# 2021

## SEPTEMBER

### Planks

place the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance. Hold position.

### Mindfulness Activities

**M1-Sing:** Go ahead, blast your radio and belt out the tune of a song that makes you happy!

**M2-Take a Break:** Take a break to stretch, snacks or breathe deep during your day to renew your energy.

**M3-Check it off:** That pesky task that you have been putting off is still waiting pick a date and check it off your list!

**M4-Relax:** Light a candle and enjoy the light and smell as you unwind and reflect on the day.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 REST	2 40 SECONDS	3 50 SECONDS	4 60 SECONDS
5 1 MINUTE AND M1	6 1 MINUTE 10 SECONDS	7 1 MINUTE 20 SECONDS	8 REST	9 1 MINUTE 30 SECONDS	10 1 MINUTE 40 SECONDS	11 1 MINUTE 50 SECONDS
12 2 MINUTE AND M2	13 2 MINUTE 10 SECONDS	14 2 MINUTE 20 SECONDS	15 REST	16 2 MINUTE 30 SECONDS	17 2 MINUTE 40 SECONDS	18 2 MINUTE 50 SECONDS
19 3 MINUTE AND M3	20 3 MINUTE 10 SECONDS	21 3 MINUTE 20 SECONDS	22 REST	23 3 MINUTE 30 SECONDS	24 3 MINUTE 40 SECONDS	25 3 MINUTE 50 SECONDS
26 4 MINUTE AND M4	27 4 MINUTE 10 SECONDS	28 4 MINUTE 20 SECONDS	29 REST	30 4 MINUTE 30 SECONDS		

LIVE WELL

PROSTATE CANCER AWARENESS MONTH

# 10

# OCTOBER

# 2021

## Squats

Stand with your heels slightly wider than hip-width apart. Be sure your toes are facing forward. While bending your knees, lower your hips and sit back with your chest facing up and forward. Don't forget, squats can be performed in smaller number throughout the day to achieve the total goal for each day's challenge.

## Mindfulness Activities

**M1**- Write your to-do-list and start checking off your accomplishments!

**M2**- Find an old photo of you and a friend and share it with them!

**M3**- Take 10 minutes before bed to open a book and read.

**M4**- Leave electronics out of sight and out of mind for at least an hour today.

**M5**- Treat yourself, indulge in one of your favorite activities!

**LIVE WELL**

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <b>25 SQUATS</b>	2 <b>30 SQUATS</b>
3 <b>35 SQUATS AND M1</b>	4 <b>40 SQUATS</b>	5 <b>45 SQUATS</b>	6 <b>REST</b>	7 <b>50 SQUATS</b>	8 <b>55 SQUATS</b>	9 <b>60 SQUATS</b>
10 <b>65 SQUATS AND M2</b>	11 <b>70 SQUATS</b>	12 <b>75 SQUATS</b>	13 <b>REST</b>	14 <b>80 SQUATS</b>	15 <b>85 SQUATS</b>	16 <b>90 SQUATS</b>
17 <b>95 SQUATS AND M3</b>	18 <b>100 SQUATS</b>	19 <b>105 SQUATS</b>	20 <b>REST</b>	21 <b>110 SQUATS</b>	22 <b>115 SQUATS</b>	23 <b>120 SQUATS</b>
24 <b>125 SQUATS AND M4</b>	25 <b>130 SQUATS</b>	26 <b>135 SQUATS</b>	27 <b>REST</b>	28 <b>140 SQUATS</b>	29 <b>145 SQUATS</b>	30 <b>150 SQUATS</b>
31 <b>155 SQUATS AND M5</b>						

**BREAST CANCER AWARENESS MONTH**

# 11

# 2021

## NOVEMBER

### Push-Ups

Start in a high plank position. Place hands firmly on the ground, directly under shoulders. Flatten your back so your entire body is neutral and straight.

Begin to lower your body-until your chest grazes the floor. Your body should remain in a straight line from head to toe.

Push back to starting position and repeat.

### Mindfulness Activities

**M1-Print:** Print your favorite photo and put it somewhere you will see it everyday!

**M2-Rest:** Get to bed 15 minutes earlier than normal to spend time reading a good book.

**M3-Call:** Call someone that you haven't talked to in a while

**M4-Focus:** Focus on the positives in your life and write them down.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8 PUSH-UPS	2 10 PUSH-UPS	3 REST	4 12 PUSH-UPS	5 14 PUSH-UPS	6 16 PUSH-UPS
7 18 PUSH-UPS AND M1	8 20 PUSH-UPS	9 22 PUSH-UPS	10 REST	11 24 PUSH-UPS	12 26 PUSH-UPS	13 28 PUSH-UPS
14 30 PUSH-UPS AND M2	15 32 PUSH-UPS	16 34 PUSH-UPS	17 REST	18 36 PUSH-UPS	19 38 PUSH-UPS	20 40 PUSH-UPS
21 42 PUSH-UPS AND M3	22 44 PUSH-UPS	23 46 PUSH-UPS	24 REST	25 48 PUSH-UPS	26 50 PUSH-UPS	27 52 PUSH-UPS
28 54 PUSH-UPS AND M4	29 56 PUSH-UPS	30 58 PUSH-UPS				

LIVE WELL

AMERICAN DIABETES MONTH

# 12

# DECEMBER

# 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1 REST	2 40 SECONDS	3 50 SECONDS	4 60 SECONDS
5 1 MINUTE AND M1	6 1 MINUTE 10 SECONDS	7 1 MINUTE 20 SECONDS	8 REST	9 1 MINUTE 30 SECONDS	10 1 MINUTE 40 SECONDS	11 1 MINUTE 50 SECONDS
12 2 MINUTE AND M2	13 2 MINUTE 10 SECONDS	14 2 MINUTE 20 SECONDS	15 REST	16 2 MINUTE 30 SECONDS	17 2 MINUTE 40 SECONDS	18 2 MINUTE 50 SECONDS
19 3 MINUTE AND M3	20 3 MINUTE 10 SECONDS	21 3 MINUTE 20 SECONDS	22 REST	23 3 MINUTE 30 SECONDS	24 3 MINUTE 40 SECONDS	25 3 MINUTE 50 SECONDS
26 4 MINUTE AND M4	27 4 MINUTE 10 SECONDS	28 4 MINUTE 20 SECONDS	29 REST	30 4 MINUTE 30 SECONDS	31 4 MINUTE 40 SECONDS	

## Wall Sit

Place your back against a sturdy wall with your feet shoulder-width apart. Lower your hips until your knees form right angles. Hold this position until time is up!

## Mindfulness Activities

**M1-Volunteer:** Find time this month to volunteer your time in the community!

**M2-Relax:** Buy a new scented candle and light it before bed!

**M3-Snuggle:** The week before Christmas calls for snuggle time with a furry friend or family member.

**M4-Celebrates:** Start preparing for the New Year by dancing to your favorite song! Turn up the tunes!



## SAFE TOYS AND GIFTS MONTH