



# HOPE Holiday Challenge 2013



Since we are closed for 2 weeks, I want to provide you with encouragement AND an incentive to remain active!



## **A bit of scientific background and research to set the stage:**

The American College of Sports Medicine recommends that most adults engage in moderate-intensity cardiorespiratory (aerobic) exercise training for a total of **150** minutes per week (approximately 30 minutes per day, 5 days per week), moderate-intensity resistance training **2-3** days per week, and balance training **2-3** days per week.

## **Your challenge (if you choose to accept it...):**

Try to meet the guidelines by accumulating 150 minutes of aerobic exercise per week AND resistance training 2x per week AND balance training 2x per week.

## HOW?

**Here are some suggestions for moderate-intensity aerobic exercise (that do not require a gym):**  
**Walking, Jumping rope, Dancing, Frisbee, Cleaning (mopping, vacuuming, etc.), Playing with kids/grandkids (as long as it involves continuous movement activity), Raking leaves, Mowing the lawn**

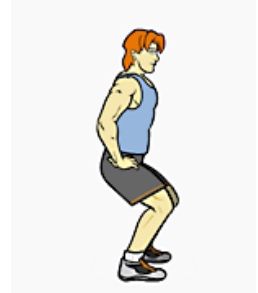


**Here are some resistance training exercises (that do not require a gym):**

**Lower body: Squats, lunges, seated leg extension, standing side leg raises, calf raises, steps ups (on stairs)**

**Upper body: Wall push-ups, chair dips, the following can be completed with household items of adequate weight: bicep curls, overhead press, upright row**

**\*Remember to also work your core and lower back**



**Here are some suggestions for balance training activities (that do not require a gym):**

**Static: Single leg stance (need a challenge? Try it: on the carpet, without shoes, with eyes closed), tandem stance, clock game (tap at 12, 3, 6, 9), double leg stance shifting weight from toes to heels and side to side**

**Dynamic: Heel to toe walk (for a challenge: add a leg swing or high knees), over under walk, quick feet, side shuffles**

**Three \$10 gift cards will be awarded in January!**

**1 card will be awarded to the person who accumulates the greatest amount of exercise over the two weeks.**

**2 cards will be awarded to those individuals whose names are drawn from the pool of individuals who participated (all names will be entered in to the drawing, whether you did a lot of exercise or a little).**

### **How to participate:**

**Keep track of your exercise using the logs on the following pages and return them to me on January 6 or 8. The winners will be announced on January 10!**

**Though we will not be meeting between December 21 and January 5, I am happy to answer questions via email ([aobrady@uncg.edu](mailto:aobrady@uncg.edu)).**





