HOPE Holiday Challenge 2013

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

<u>A bit of scientific background and research to set the stage:</u>
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?

<u>Here are some suggestions for moderate-intensity aerobic exercise (that do not require a gym):</u>
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).

Cardiorespiratory / Aerobic Exercise Log

Date	Activity	Time (minutes)

Resistance Training Exercise Log

Date	Activity	Time (minutes)

Balance Exercise Log

Date	Activity	Time (minutes)