

► Monthly Mini Challenges

September: Health for Life Challenge

What?

Studies show that exercise can increase your mood and improve your health. That said, there are thousands of different exercises you can do. Depending on your age, previous injuries and exercise level, some workouts might be better for you than others. This month focuses on finding the best exercise(s) for you. Choose one new exercise each week to try. Picking an unfamiliar workout tailored to your fitness level can help to keep exercise fun while challenging your body in unique ways.

How?

Each week you will add at least one new workout. Complete the exercise two to three days a week if you are able. Depending on the workout, you can do it multiple times a day. If you feel tired or sore, once a day might be best. By the time you select a fresh workout for the following week, you will have already made progress toward your health goals! If you are able, try as many different workouts as possible during the challenge. Remember to always focus on form and selecting exercise that's right for you. For workout ideas, visit the links below. Use the table to track your progress as you go. Now, get out there and add a workout to your week. You might find you gain more than just muscle.

Low-impact workout ideas

Often described as exercise that keeps at least one foot on the ground at all times, low-impact exercise is tailored to those who have little exercise experience or some physical limitations. Make sure to choose a new workout that is tailored to your fitness level and limitations.

[Click here for a list of good low-impact workouts](#)

Why?

Low-impact exercises have a lower risk for musculoskeletal injury than high-impact exercises. Yet, low-impact workouts offer many of the same benefits. Choosing the best workout for you helps to increase your health, while reducing risk of injury. High-intensity workouts can be more challenging and burn more calories. Just remember as intensity increases so does risk of injury. Taking part in this challenge is a good way to get involved in exciting and untried exercises. The possibilities are endless, as well as the potential benefits to your health. Increasing your exercise can lead to decreased risk for conditions like cardiovascular disease, and can strengthen your bones and increase your mood.

Source: [Spark People](#)

Week # _____		My new workout:		
	Day 1	Day 2	Day 3	
How many				

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Example of how to use the new workout charts.

Week # <u>1</u>		My new workout: Abdominal Plank	
	Day 1	Day 2	Day 3
How many:	Morning: 10 seconds, two sets	At lunch: 20 seconds, two sets	
	After Work: 20 seconds, one set		