

YMCA Wellness Challenge

WELLNESS ADVENTURE CHALLENGE

Congratulations! You've accepted the challenge. The Y is here to help. Use the Challenge Checklist below to keep track of all your activities. Remember, we're all in this together.

- Take a walk or run outside
- [Check in on a friend](#)
- [Drink 30 ounces of water in one day](#)
- Weed the garden
- Post a picture of you doing your activity on the YMCA GBW facebook page
- Listen to a new POD cast
- Investigate and try a new healthy snack
- Clean out the garage or the basement
- [Watch a funny movie with your family](#)
- [Have a catch, play a lawn game or kick around a soccer ball](#)
- Plank - for 30 seconds every hour that you are awake today
- [Go one day without any sweets or added sugar](#)
- Do 10 burpees every hour from 9am-5pm
- Go for a bike ride (don't forget your helmet!)
- [Replace one hour of screen time with a family fun activity](#)
- Take the dog for a walk
- Enjoy a family meal
- [Complete an online video workout](#)
- Paint or color a picture
- Aim for getting 10,000 steps everyday
- Practice your favorite yoga pose
- [Read for 10 minutes](#)
- [Facetime a relative](#)
- Two-minute wall sit challenge
- Dance for 15 minutes with someone else

For a complete list of activities and challenges visit ymcagbw.org/ymca-home

