

19 2019 CHALLENGE ✓ HEALTHY HABITS

During the month of January, Glencoe Fitness members are invited to complete one new activity each day to kick-off the year in a healthy way! The more you do, the more chances you have to win! Check off each activity as you finish it and visit the Takiff Center front desk before February 5, 2019 to redeem. You must complete 19 activities to be eligible to win.

1. **Drink** 64 ounces of water
2. **Complete** 30 minutes of cardio
3. **Try** a new vegetable
4. **Do** 1 set of repetitions on each weight machine (5 machines)
5. **Eliminate** added sugar from your meals for one day
6. **Walk or jog** one mile on the treadmill
7. **Attend** one fitness class (ask the front desk for a free pass)
8. **Disconnect** from electronic devices for 30 minutes
9. **Complete** 5 miles on the Espresso bike
10. **Choose** to take the stairs instead of an elevator
11. **Do** 1-mile on the Takiff Center outdoor path (5 laps to a mile)
12. **Book** a session with a personal trainer
13. **Enjoy** basketball during open gym
14. Don't skip breakfast! **Eat** 3 meals today
15. **Check in** at Glencoe Fitness on Facebook



- 16. Incorporate** fruit into two meals
- 17. Burn** 200 calories during one workout
- 18. Core day. Focus** on core muscles during one workout
- 19. Try** a machine you've never used before
- 20. Stretch** for 10 minutes
- 21. Use** a food log to track your calories for the day
- 22. Hit** 10,000 steps today
- 23. Complete** 15 minutes on the elliptical
- 24. Make it an arm day! Focus** one workout on strengthening your arm muscles
- 25. Incorporate** a medicine ball or kettle bell in your workout
- 26. Increase** the weight you lift on a strength machine
- 27. Move** for 20 minutes on the Nu-Step machine
- 28. Finish** a class or race course on the Expresso bike
- 29. Rack up** 2 miles on the AMT
- 30. Perform** a 1-minute plank or wall sit
- 31. Leg day! Focus** one workout on strengthening your leg muscles.



Name

Email Phone