

# Jump Start Your January! Challenge

Jump start your January with new challenges and keep yourself motivated! **Open to Manatee County Employees and Adult Health Plan members.**

<a href="#">Try a cycle class</a>	<a href="#">Schedule an equipment orientation</a>	Relax the body with this <a href="#">10-minute progressive muscle relaxation video</a> (pro tip: great before bed!)	<b>GET MORE STEPS</b> Take the stairs or park further away for a week!	<a href="#">Try Active Isolated Stretch class</a>
<a href="#">Schedule a personal training session</a>	Bring a healthy lunch to work 3 times/week	Go for a 30-minute walk (Pro tip: grab co-workers or friends to join you!)	<a href="#">Try a tai chi or guided meditation class</a>	Try an at-home workout from our <a href="#">fitness center YouTube page!</a>
<b>IMPROVE STRENGTH</b> Pick 5 strength machines and complete 2 sets on each. <a href="#">Or click here for at-home option</a>	<a href="#">Try a boot camp class</a>	Free space!	<a href="#">Complete this 10-minute core video!</a>	Attend a lunch n learn <a href="#">See schedule</a> Or, <a href="#">watch a webinar</a>
Snack Swap: switch out a snack item with a healthier option for a week! ( <a href="#">click here for ideas</a> )	<a href="#">Try a yoga class</a>	Stay Hydrated-Aim to drink 64 oz of water for a day	<a href="#">Meet with a registered dietitian</a>	<a href="#">Try a morning strength class or walking group before work!</a>
Take a 5-minute stretch break ( <a href="#">click here for an office friendly option</a> )	Get a full 8 hours of sleep	<a href="#">Try Cross Train Max class</a>	<a href="#">Try a Zumba class</a>	Hold a plank for at least 30 seconds

**Green = Offered at Downtown Fitness Center (or alternate facility)**

**Blue = At home or online**

**Maroon = Other**

## Rules of the Challenge:

- No registration required.
- **Challenge Runs from Jan 1<sup>st</sup>-January 31<sup>st</sup>**
- **Must complete at least 15 out of the 25 boxes**
- Completed cards will earn a sweet prize!
- Put an X through the boxes you have completed
- Must have Group Fitness Instructors initial to confirm attendance to classes.
- Once you have completed at least 15 of the 25 boxes, email your challenge card to [kraines@manateeyourchoice.com](mailto:kraines@manateeyourchoice.com) **by February 7<sup>th</sup>, 2018 11:59pm**

## CHALLENGE ACCEPTED!

Name (Please print): \_\_\_\_\_

Date: \_\_\_\_\_

Email (work preferred): \_\_\_\_\_

Phone Number: \_\_\_\_\_