



# 30-Day Fun in Fitness Challenge



We're much more likely to reach our health goals if we exercise often. And we're more likely to exercise if we find activities we enjoy. That's when fitness feels less like a chore and more like fun!

So let's find some different activities to try out. You might be surprised how fast time flies when you find a little more joy in movement.

**Your mission:** Experiment with a **different physical activity each day for 30 days**. Use the guide below to help you. Or if you have an exercise idea that's more fun, go for it!

## Note:

*Safety is key. Check with your healthcare provider before starting any new physical activity. If you feel pain or dizziness, stop the activity. Listen to your body and try a lower intensity if you need to!*



## Check off all the days you were able to try a fun physical activity.

Click the squares on the left side of each day or print this out and fill them in by hand.

1



Let's start with the basics. What physical activities do you actually enjoy? Maybe it's your favourite sport. Or an opportunity to get some alone time with some yoga. Or a chance to connect with nature on a long walk. **Write down your five favourites** and try one today!

2



Just getting into an exercise groove? We can begin with something easy but still entertaining. **Walking for fitness** is a great way to unplug from technology, see the outdoors and get your body active. Give it a shot today.

3



It can be tough to find the time for physical activity. So check out this list of **exercise strategies for busy lifestyles**! Try one of the ideas from this list and see how you like it.

4



Exercising can be a lot more fun when you're with a workout buddy. And it also makes it more likely you'll stick to it. Here are some ideas for **making fitness more social**.

5



Finding it hard to want to get moving? Click this link to learn how you can **get motivated to exercise**—without making yourself feel guilty or ashamed.

# 30-Day Fun in Fitness Challenge



6



Looking for an exercise idea? We'll throw in some **exercise videos**, like this one for **squats**. This simple exercise uses your own body weight and gravity to give you a powerful lower body workout.

7



New, exciting fitness ideas are just a click away. **Get started with free online fitness routines!** They make it easy to discover new activities to try—all from the comfort of your home.

8



Are walks working for you? If you're getting bored, take your walking routine to the next level. Here's a link to help you **fine tune your walking technique**. It can help you change it up and get more out of your physical activity!

9



Here's a new idea: Try some exercises with your own furniture. It's a fun way to mix up your workout in a safe, simple, free way! Here are **seven mindful morning movements with chair variations** to try.

10



Let's try another tutorial! Follow along with this **push-up video** to learn the proper form. You can get a solid chest and arm workout, from home, for free.

11



Too rainy? Too hot? Too snowy? Too smoky? The weather can put a damper on outdoor exercise plans. That's why we've put together some **weatherproof workouts you can do at home**. Experiment with them rain or shine and see which ones you like best!

12



Check out this **stationary lateral lunge exercise video**. It takes some balancing, and it's a powerful lower-body strength booster. Try it for 10 reps on each leg and see how it feels.

13



What activity could be more fun than **dancing as exercise**? Whether you're a pro or your rhythm is a little clunky, it doesn't matter. Moving your body to music is a great way to lift your spirits and squeeze in activity! Solo or with company, dance it out and enjoy yourself.

14



Physical activity is for everyone. Even with old injuries, chronic pain, disabilities and aging bodies. Here are some helpful tips to **enjoy activities for all abilities** the safe way.

# 30-Day Fun in Fitness Challenge



15



Exercise can get, well, sweaty. And that's not always appealing when the weather is hot. So try some of these **physical activities to beat the heat**. They can help you burn calories while staying cool.

16



You're now halfway through the challenge! Nice work. **Make a note** of all the activities you've tried so far that have been the most fun. Which ones worked? Which ones didn't? Keep that note handy and **repeat your favourite activity today!**

17



Got a sore or stiff back? Don't worry. You can still do some physical activity and have some fun. Here are **seven exercises for anyone with a "bad" back**.

18



Time for another exercise idea! Check out our **tricep dip exercise video** to build up those arms and feel stronger. You can use a couch, a park bench or any other strong, stable surface to support your weight.

19



As you find a fun physical activity to do today, take pride in knowing this is as much for your mind as it is for your body. Learn all about **the link between exercise and mental health**.

20



Follow this short video to learn the proper form for a **walking lunge** exercise. It's a fantastic way to build strength in your legs without the monotony of a treadmill.

21



If you can use stairs, you can unlock a powerful workout. **Take flight with five stair exercises** to boost your lower body strength and get your heart pumping.

22



Yoga is an amazing way to strengthen your body. And you can get surprisingly powerful physical activity—without harsh impact on your knees and feet. Check out our **introduction to yoga and five amazing benefits**. Give it a try today and see how you like it!

23



Here's another fitness walkthrough. Follow along with this **video for plank exercises**. It may look easy, but holding this pose for even just 30 seconds can be a great workout for your legs and core.

# 30-Day Fun in Fitness Challenge



24



Having trouble finding time to work out? Fill gaps with activity, even if they're just for a few minutes. Here are some **simple, do-anywhere moves for downtime**. These activities could be a great way to break up a busy, boring day with some joy and variety.

25



None of us is getting any younger. But staying active is a good way to stay strong and limber! And all the better if that activity is fun. Here's **your guide to staying mobile as you age**.

26



One last exercise video before we wrap up this challenge. This one is for an exercise called **step-ups**. If you have access to stairs, a sturdy bench or even a tall curb, you can try this exercise. It's a great routine to pinpoint muscles in the legs and glutes.

27



Swimming is an incredible full-body exercise. And it's as challenging or as relaxing as you want it to be. Whether you have a pool yourself or are able to visit a community pool or water park, here's **your guide to pool exercise**.

28



Challenging exercises aren't the only fun ones. Try a **bedtime stretching routine for better sleep**. This can help unwind your body and relax your mind before you drift off.

29



Got some time on your hands? Let's fill it with a **fun 15-minute workout**. Clear your head and fill your body with energy with an exercise circuit that brings it all together.

30



Congrats! You've made it to the end of the challenge. Finish strong by celebrating your hard work. Do your **favourite physical activity today**, then **reward yourself** with something healthy and delightful. Keep up the good work and bring happiness to your days by staying active!