

BE HEALTHY - APRIL 2022 CHALLENGE CALENDAR

Tsé Nitsaa Deez'áhí Diné Bi'ólta'gi Ákonínízin dóó Hodíínísin

SIT LESS ON SUNDAY	MOTIVATION MONDAY	CORE TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FEEL GOOD FRIDAY	SELF CARE SATURDAY
<p>AGREEMENT OF RELEASE AND WAIVER OF LIABILITY</p> <p>I HEREBY DO AGREE TO THE FOLLOWING:</p> <p><input type="checkbox"/> RECOGNIZE PHYSICAL EXERTION IS REQUIRED</p> <p><input type="checkbox"/> AWARE OF RISKS AND HAZARDS INVOLVED</p> <p><input type="checkbox"/> UNDERSTAND IT IS MY RESPONSIBILITY TO CONSULT WITH A PHYSICIAN PRIOR TO ANY FITNESS ACTIVITIES</p> <p><input type="checkbox"/> ASSUME FULL RESPONSIBILITY OF RISKS/INJURIES WHICH MIGHT OCCUR DURING MY PARTICIPATION IN THIS ACTIVITY</p> <p><input type="checkbox"/> NOT TO HOLD RPCS LIABLE FOR INJURY OR DAMAGES AND ABIDE BY ALL RULES/REGULATIONS SET FORTH BY RPCS</p>			<p>Please wear appropriate attire, shoes, and bring water. Always stretch before any exercises. Feedback/Notes:</p> <p>Participant Name (Print) _____ Signature _____</p>		<p>Active Recovery 1</p> <p><input type="checkbox"/> Eat a Fruit</p> <p>Do 5 Yoga Poses Hold each pose for 3-5 Breaths</p> <p>Food Presentation (Staff Mtg)</p>	<p>2</p> <p>GET YOUR 8 HOURS OF SLEEP (REST DAY)</p>
<p>Cardio Workout 3</p> <p><input type="checkbox"/> Eat Whole Grain Food</p> <p>Bike for 3.0 Miles or Walk 20 Mins or 500 Jump Ropes</p> <p>Softball Sunday</p>	<p>Upper Body Workout 4</p> <p><input type="checkbox"/> Drink A Glass Of Milk</p> <p>Do 8 Push Ups Do 8 Overhead Press Do 8 Shoulder Taps Do 8 Wide Rows</p>	<p>Core Workout 5</p> <p><input type="checkbox"/> Eat Any Kind Of Nut</p> <p>Do 10 Crunches Do 10 Scissors Do Plank (20 secs)</p> <p>Food Demonstration (Virtual)</p>	<p>Cardio Workout 6</p> <p><input type="checkbox"/> Eat A Vegetable</p> <p>Walk In Place (8 min) Do 20 Jumping Jacks 10 Squat & Reach</p>	<p>Lower Body Workout 7</p> <p><input type="checkbox"/> Drink 64 oz. Of Water</p> <p>Do 12 Squats Do 12 Lunges Do 15 Calf Raises</p>	<p>Active Recovery 8</p> <p><input type="checkbox"/> Eat a Fruit</p> <p>Do 6 Yoga Poses Hold each pose for 3-5 Breaths</p> <p>Food Presentation (Staff Mtg)</p>	<p>9</p> <p>GET YOUR 8 HOURS OF SLEEP (REST DAY)</p>
<p>Cardio Workout 10</p> <p><input type="checkbox"/> Eat Whole Grain Food</p> <p>Bike for 3.0 Miles or Walk 20 Mins or 500 Jump Ropes</p> <p>Basketball Sunday</p>	<p>Upper Body Workout 11</p> <p><input type="checkbox"/> Drink A Glass Of Milk</p> <p>Do 8 Push Ups Do 8 Overhead Press Do 8 Shoulder Taps Do 8 Wide Rows</p>	<p>Core Workout 12</p> <p><input type="checkbox"/> Eat Any Kind Of Nut</p> <p>Do 8 Sit-Ups Do 8 Leg Raises Do 8 Heel Touches</p> <p>Food Demonstration (Virtual)</p>	<p>Cardio Workout 13</p> <p><input type="checkbox"/> Eat A Vegetable</p> <p>Walk In Place (8 min) Do 20 Jumping Jacks 10 Squat & Reach</p>	<p>Lower Body Workout 14</p> <p><input type="checkbox"/> Drink 64 oz. Of Water</p> <p>Do 12 Squats Do 12 Lunges Do 15 Calf Raises</p>	<p>Active Recovery 15</p> <p><input type="checkbox"/> Eat a Fruit</p> <p>Do 7 Yoga Poses Hold each pose for 3-5 Breaths</p> <p>Food Presentation (Staff Mtg)</p>	<p>16</p> <p>GET YOUR 8 HOURS OF SLEEP (REST DAY)</p>
<p>Cardio Workout 17</p> <p><input type="checkbox"/> Eat Whole Grain Food</p> <p>Bike for 3.5 Miles or Walk 25 Mins or 500 Jump Ropes</p> <p>Volleyball Sunday</p>	<p>Upper Body Workout 18</p> <p><input type="checkbox"/> Drink A Glass Of Milk</p> <p>Do 10 Push Ups Do 10 Overhead Press Do 10 Shoulder Taps Do 10 Wide Rows</p>	<p>Core Workout 19</p> <p><input type="checkbox"/> Eat Any Kind Of Nut</p> <p>Do 10 Crunches Do 10 Scissors Do Plank (25 secs)</p> <p>Food Demonstration (Virtual)</p>	<p>Cardio Workout 20</p> <p><input type="checkbox"/> Eat A Vegetable</p> <p>Walk In Place (8 min) Do 20 Jumping Jacks 12 Squat & Reach</p>	<p>Lower Body Workout 21</p> <p><input type="checkbox"/> Drink 64 oz. Of Water</p> <p>Do 16 Squats Do 16 Lunges Do 20 Calf Raises</p>	<p>Active Recovery 22</p> <p><input type="checkbox"/> Eat a Fruit</p> <p>Do 8 Yoga Poses Hold each pose for 3-5 Breaths</p> <p>Food Presentation (Staff Mtg)</p>	<p>23</p> <p>GET YOUR 8 HOURS OF SLEEP (REST DAY)</p>
<p>Cardio Workout 24</p> <p><input type="checkbox"/> Eat Whole Grain Food</p> <p>Bike for 4.0 Miles or Walk 25 Mins or 500 Jump Ropes</p> <p>Hike RP Rock (2.0 Miles)</p>	<p>Upper Body Workout 25</p> <p><input type="checkbox"/> Drink A Glass Of Milk</p> <p>Do 10 Push Ups Do 12 Overhead Press Do 12 Shoulder Taps Do 12 Wide Rows</p>	<p>Core Workout 26</p> <p><input type="checkbox"/> Eat Any Kind Of Nut</p> <p>Do 8 Sit-Ups Do 10 Leg Raises Do 10 Heel Touches</p> <p>Food Demonstration (Virtual)</p>	<p>Cardio Workout 27</p> <p><input type="checkbox"/> Eat A Vegetable</p> <p>Walk In Place (8 min) Do 20 Jumping Jacks 12 Squat & Reach</p>	<p>Lower Body Workout 28</p> <p><input type="checkbox"/> Drink 64 oz. Of Water</p> <p>Do 16 Squats Do 16 Lunges Do 20 Calf Raises</p>	<p>Active Recovery 29</p> <p><input type="checkbox"/> Eat a Fruit</p> <p>Do 10 Yoga Poses Hold each pose for 3-5 Breaths</p> <p>Food Presentation (Staff Mtg)</p>	<p>30</p> <p>GET YOUR 8 HOURS OF SLEEP (REST DAY)</p>