

EXERCISE

CHALLENGE

Choose one exercise from each column and take a photo of yourself completing the activity. Submit your entry to mocwalk@mushkegowuk.ca by 11:59 PM Sunday, July 28th

1

3x10 squats
these are great for leg and core strength, as well as hip mobility

2

25 push-ups
balance on your knees to make it easier - take as many breaks as you need to!

3

20 minutes of cardio
bike, walk or run - any aerobic exercise will do!

3x10 reverse lunges
this knee-friendly lunge variation is great for single-leg strength, balance and mobility

3x10 bicep curls
use household items (ex. water bottles or cans of food) if you don't have weights

participate in a group sport
gather your friends or family and play a sport together

wall sit
this exercise is great for muscle endurance - let us know how long you lasted!

plank hold
to modify the movement, balance on your knees - let us know how long you lasted!

10 minutes of stretching
try dynamic stretches before a workout or static stretches after

If you have concerns about your health, reach out to your physician or healthcare provider before trying a new exercise routine.