



Mini Challenge

Turn Everyday Activities Into a Workout

Mix up your exercise routine by adding in these functional fitness moves. Functional fitness is a great way to incorporate strength, balance, and mobility.

Complete seven of the following activities throughout your week for 10 points. Complete 3 Weeks for a maximum of 30 points. For each exercise, complete 3 sets of ten. (i.e. ten squats, repeated three times.)

- Static stretch reaching for toes**
Daily Benefit: Tying your shoes
- Shoulder stretch, reach your hand behind and up your back as far as possible**
Daily Benefit: Putting on your seatbelt
- High knees**
Daily Benefit: Avoiding stepping on toys
- Pigeon stretch**
Daily Benefit: Putting your socks on
- Weighted squats or deadlifts**
Daily Benefit: Lifting a heavy object off the floor
- Walking lunges, plank or arm extensions**
Daily Benefit: Vacuuming the house, mowing the lawn
- Squats, biceps curls and Russian twists**
Daily Benefit: Shoveling snow, dirt or other yard work
- Biceps curls and extended arm lifts or farmer walks**
Daily Benefit: Carrying groceries
- Weighted squat to torso twist paired with biceps curls or bent over row**
Daily Benefit: Picking up children
- Box squat, weighted squat**
Daily Benefit: Getting out of a chair
- Glute bridges, lunges or wall sits**
Daily Benefit: Getting down on the floor/up off the floor
- Stepping up on a stable box and lifting free leg knee to a 90-degree angle.**
Daily Benefit: Walking up steps
- Single leg deadlift, Russian twists or plank**
Daily Benefit: Preventing a fall/Catching yourself while falling