

Wellness Challenge

APRIL 2021

www.alumni.iup.edu/iupcares

#IUPWellnessChallenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 15 min. cardio 30 second plank 10 push-ups 8 glasses of H ₂ O	2 15 min. cardio 30 second plank 10 push-ups 8 glasses of H ₂ O	3 15 min. Cardio 30 second plank 10 push-ups 8 glasses of H ₂ O
4 5 min. meditation 30 min. screen break 8 glasses of H ₂ O	5 15 min. walk 1 min. wall sit 45 second plank 15 push-ups	6 15 min. walk 1 min. wall sit 45 second plank Watch IUP Expert Video on Healthy Snacking	7 15 min. walk 1 min. wall sit 45 sec. plank 15 push-ups 15 min. reading break	8 15 min. Mindfulness break IUP Day of Giving 8 glasses of H ₂ O	9 15 min. walk 1 min. wall sit 45 sec. plank 15 push-ups Watch IUP Expert Video on Stretching	10 15 min. cardio 30 second plank 10 push-ups 30 min. screen break 8 glasses of H ₂ O
11 5 min. mediation 30 min. screen break 8 glasses of H ₂ O	12 20 min. walk 1 min. wall sit 45 second plank 20 push-ups Watch IUP Expert Video on Mindfulness	13 20 min. Yoga/stretch 1 min. wall sit 45 second plank 20 push-ups	14 15 min. Mindfulness break 8 glasses of H ₂ O IUP Alumni Virtual Panel- 6-7:00 p.m.	15 20 min. walk 1 min. wall sit 45 second plank 20 push-ups 30 min. screen break	16 20 min. walk 1 min. wall sit 1 min. bicep curl 20 push-ups	17 20 min. walk 45 second plank 10 push-ups 30 min. screen break 8 glasses of H ₂ O
18 5 min. mediation 30 min. screen break 8 glasses of H ₂ O	19 20 min. cardio 1 min. wall sit 1 min. bicep curl 20 jumping jacks	20 IUP Lunch and Learn: The Importance of Showing Up for "YOU" with Alexis Williams '16 12:00-1:00 p.m.	21 20 min. Yoga/stretch 1 min. wall sit 1 min. bicep curl 20 jumping jacks	22 20 min. walk 45 second plank 10 push-ups 8 glasses of H ₂ O	23 20 min. cardio 1 min. wall sit 20 jumping jacks Watch IUP Expert Video on Modifications	24 15 min. cardio 30 second plank 10 push-ups 30 min. reading break 8 glasses of H ₂ O
25 5 min. mediation 30 min. screen break 8 glasses of H ₂ O	26 20 min. Yoga/stretch 1 min. wall sit 1 min. bicep curl 20 jumping jacks	27 20 min. walk 45 second plank 10 push-ups 8 glasses of H ₂ O	28 Instagram Takeover: BodyFlow (Yoga) with Amber Racchini M'03 D.Ed.'10 8 glasses of H ₂ O	29 20 min. walk 1 min. wall sit 45 second plank 20 push-ups 30 min. screen break	30 15 min. cardio 30 second plank 10 push-ups 30 min. reading break 8 glasses of H ₂ O	