



# FITNESS CHALLENGE

Find a full list of Virtual Fitness and Health Promotion Webinars:  
<https://www.cafconnection.ca/National/Home.aspx>

**DAY 1**

Isolation fitness program

**DAY 2**

Isolation fitness program  
+ Fight the Sit  
Get up and move around every 20 minutes.

**DAY 3**

Isolation fitness program  
+ Push Yourself!  
100 Push Up challenge (can be broken up throughout the day)

**DAY 4**

Isolation fitness program  
+ Take in a Nutrition webinar  
<https://www.cafconnection.ca/National/Virtual-Services/PSP-Virtual-Health-Promotion.aspx>

**DAY 5**


Isolation fitness program  
+ Love Lunges  
100 stationary Lunges throughout the day

**DAY 6**

Isolation fitness program  
+ Hydrate  
Stay hydrated throughout the day by drinking 2.2 L (woman) or 3L (men)

**DAY 7**

Isolation fitness program  
+ Take a Mobility or Yoga Class  
<https://www.cafconnection.ca/National/Virtual-Services/PSP-Virtual-Fitness.aspx>

**NOTES** 

**Initial each daily task upon completion. Submit for Fitness challenge draw prize!**

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## DAY 8

Isolation fitness program  
+ Step Challenge!  
Can you get 10,000 steps in your room?  
<https://www.goodhousekeeping.com/health-products/g28778836/best-step-counter-pedometer-apps/>

## DAY 9

Isolation fitness program  
+ Squat a lot!  
100 Squats throughout the day

## DAY 10

Isolation fitness program  
+ Sleep Webinar  
<https://my.demio.com/ref/vHhCK7GHx7iCa3SA>

## DAY 11

Isolation fitness program

## DAY 12

Isolation fitness program  
+ Sally Up Plank Challenge  
search on youtube!

## DAY 13

Isolation fitness program  
+ Recipe  
Find a new recipe you'd like to try  
[www.unlockfood.ca](http://www.unlockfood.ca)

## DAY 14

Isolation fitness program  
+ Take a Mobility or Yoga class  
<https://www.cafconnection.ca/National/Virtual-Services/PSP-Virtual-Fitness.aspx>

## NOTES



Check out [www.Dfit.ca](http://www.Dfit.ca) for exercise description and much more fitness and nutrition information