

Fitness Challenge Calendar & Daily Healthy Habit Challenges

February/March
2022

HEALTHY HABIT CHALLENGES ARE OPTIONAL!

For more information and educational tips, check out our website: scranton.edu/CHEW and follow our Instagram @uofschew

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Make fitness goals: one for this week and one for this month. Write them down!	14 WEEK 1 START Mindfulness Meditation 5-5:30pm WML 305 Make an exercise plan for the week.	15 Pound 6-6:45pm Royals Room Tell at least one other person your goal for the Fitness Challenge.	16 Lunchtime Yoga Flow 12:15-12:45pm Royals Room Stay hydrated: drink 8 cups of liquids daily minimum (1/2 should be plain water).	17 Energizing Yoga 5-5:45pm Royals Room Thankful Thursday: reflect on three things you're grateful for.	18 Try a new fitness activity (ex. rent equipment in the Byron, meditation, YouTube workout, or new equipment in the gym!)	19 Snack Swap: try replacing processed and packaged foods with whole foods (ex. sugary cereals for steel cut oats)
20 WEEK 1 END Try prepping a few snacks or meals for the busy week ahead.	21 WEEK 2 START Check your email for the week 1 fitness log! Mindfulness Meditation 5-5:30pm WML 305 Do a goal check in!	22 Week 1 log due 1pm Pound 6-6:45pm Royals Room Get to bed early! Try to sleep the recommended 7-9 hours.	23 Lunchtime Yoga Flow 12:15-12:45pm Royals Room Add an extra serving of veggies to your plate this week.	24 Energizing Yoga 5-5:45pm Royals Room Thankful Thursday: reflect on a person that you're grateful to have in your life.	25 Stretch: spend 5 minutes stretching today (YouTube is an excellent resource!) *Students: come to Glow and Dough for yoga and Jitty Joes cookie dough!*	26 Know your health stats. Have your cholesterol, blood pressure and/or weight checked this month.
27 WEEK 2 END Update your weekly exercise plan: aim for balance of strength and cardio training.	28 WEEK 3 START Check your email for the week 2 fitness log! Mindfulness Meditation 5-5:30pm WML 305 Pack a healthy snack!	1 Week 2 log due 1pm Pound 6-6:45pm Royals Room Take the stairs: skip the elevator when you can.	2 Lunchtime Yoga Flow 12:15-12:45pm Royals Room Train Your Brain: read a fitness or nutrition article.	3 Energizing Yoga 5-5:45pm Royals Room Thankful Thursday: reflect on a memory that makes you smile.	4 Invite a family member or friend to join you for an activity (walk, gym session, exercise class, etc.)	5 Get outside: spend time in nature for a walk or even hit the slopes!
6 WEEK 3 END Cut out sugary drinks: have a "water only day".	7 WEEK 4 START Check your email for the week 3 fitness log! Mindfulness Meditation 5-5:30pm WML 305 Make a fun workout playlist!	8 Week 3 log due 1pm Pound 6-6:45pm Royals Room Go to bed 30 minutes earlier than normal.	9 Lunchtime Yoga Flow 12:15-12:45pm Royals Room Write down a fitness plan for the next month.	10 Energizing Yoga 5-5:45pm Royals Room Thankful Thursday: Reflect on your Fitness Challenge journey: take time to celebrate the	11 Make an exercise plan for the next month. Set a reminder on your phone to check-in with yourself every two weeks to see if you're on track	12 13: WEEK 4 END 14: Check your email for the Week 4 fitness log! 15: Week 4 log due 1pm YAY YOU DID IT!

Campus Fitness Facilities

<u>SPRING '22</u>	<u>BYRON COMPLEX</u> Basketball, racquetball, walking/running track	<u>OPEN SWIM</u>	<u>FITNESS CENTER</u>
<u>MONDAY</u>	7:30am - 11pm	Noon - 4pm 7:30pm - 9pm	6am - Midnight
<u>TUESDAY</u>	7:30am - 11pm	8am - 9:30am Noon - 4pm 7:30pm - 9pm	6am - Midnight
<u>WEDNESDAY</u>	7:30am - 11pm	Noon - 4pm 7:30pm - 9pm	6am - Midnight
<u>THURSDAY</u>	7:30am - 11pm	8am - 9:30am Noon - 4pm 7:30pm - 9pm	6am - Midnight
<u>FRIDAY</u>	7:30am - 8pm	8am - 9:30am Noon - 2pm	6am - 9pm
<u>SATURDAY</u>	Noon - 8pm	Noon - 2pm	10am - 9pm
<u>SUNDAY</u>	Noon - 11pm	Noon - 2pm	10am - Midnight

NO EVENING SWIM 1/31, 2/1, 2/3 or 2/8 due to swim meets

The recreation facilities are open for current students, staff and faculty. Masks are required at all times and social distancing must be followed. visit www.imleagues.com/scranton/login to register for Spin Classes and to see group exercise classes offered by Rec Sports.