

THE RESET CHALLENGE



Build your Healthy Habit and win prizes! Feb. 14-20

When you get a BINGO (5 in a row), enter to win the weekly prize by visiting this link: bit.ly/33d4wGa

B I N G O

Drink 64 oz of water 4 days this week	Do 6 wall sits for 30s each throughout the day	Take 10 minutes to be quiet and relax for 3 days this week	Try a new physical activity exercise	Share a funny joke with a staff member at the YMCA
Stop by to visit a friend you haven't seen in a while	Bring a family member to a YMCA Group Exercise class	Enjoy a healthy meal with a friend	Take the stairs instead of the elevator 4 days this week	Exercise for at least 30 minutes, 5 days this week
Complete 20 minutes of cardio 5 days in a row	Complete a task you have been putting off	FREE SPACE YOU ROCK!	Take a YMCA Group Exercise class (online or in-person)	Cook a brand new recipe using at least 3 different colors
Relax for an hour, 1 day, this week without TV, computer, or phone	Dance to your favorite music for 10 minutes	Run, Bike, Walk, and/or Swim 6 miles this week	Smile at a stranger each day this week	Do 10 pushups every hour at work
Visit the YMCA 3 or more times this week	Complete a 5K (3.1 miles) running or walking	100 lunges or squats during the day for 3 consecutive days (regular or modified)	Get 10,000 steps 4 days this week	Workout with a friend at the YMCA