

# THE RESET CHALLENGE



**Build your Healthy Habit and win prizes! Feb. 21-27**

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

## B I N G O

Sign up to be a YMCA volunteer	Take a YMCA Group Exercise class (online or in-person)	Get 10,000 steps 5 days this week	Jog in place during commercials while watching TV	Complete a workout with a friend
Complete 25 minutes of cardio 5 days in a row	Perform a strength training exercise with free weights 3 Sets: 10 bicep curls 10 rows 10 kickbacks	Visit the YMCA and try something new	Ask your YMCA about volunteer opportunities	Drink 64 oz of water 5 days this week
100 lunges or squats during the day for 3 consecutive days	Go Plogging: Walk/run around your community, picking up litter along the way	<b>FREE SPACE</b> <b>YOU ROCK!</b>	Run, Bike, Walk, and/or Swim 7 miles this week	Visit the YMCA 3 or more times this week
Complete a workout with a coworker	Try a YMCA On-Demand class instead watching TV or being on your phone	Eat 2 different fruits and vegetables per day for 5 days	Cardio Workout: Sprint for 30s, walk/jog for 30s, repeat 5x	Tell 3 people how much you appreciate them
Take a YMCA Yoga or Pilates class (online or in-person)	Take a high intensity exercise class at the YMCA (online or in-person)	Sign up for a community service project in your town or city	Go for a 20 minute walk or jog outside in nature	Play outside for 30 min. with friends or family like its recess