

# JANUARY 2016

## HEALTHY BALANCE CHALLENGE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 5 Lunges on Each Side	2 10 Jumping Jacks
3 10 Push-Ups	4 20 Crunches	5 10 Squats	6 10 Tricep Dips	7 Plank: 30 Seconds	8 5 Lunges on Each Side	9 20 Jumping Jacks
10 15 Push-Ups	11 30 Crunches	12 15 Squats	13 15 Tricep Dips	14 Plank: 40 Seconds	15 10 Lunges on Each Side	16 30 Jumping Jacks
17 20 Push-Ups	18 40 Crunches	19 20 Squats	20 20 Tricep Dips	21 Plank: 50 Seconds	22 15 Lunges on Each Side	23 40 Jumping Jacks
24 25 Push-Ups	25 50 Crunches	26 25 Squats	27 25 Tricep Dips	28 Plank: 60 Seconds	29 20 Lunges on Each Side	30 50 Jumping Jacks
31 30 Push-Ups	1	<b>HEALTHY BALANCE CHALLENGE</b> <b>31 Days of Fitness Challenges!</b> Get in the habit of adding extra activity into your daily routine by completing each daily challenge for the month of January. <b>We're giving away over \$2,000 in prizes! Post a photo</b> of yourself completing the daily challenge to Twitter, Instagram or Facebook <b>with the hashtag #HBChallenge for your chance to win!</b>				