

step your way to wellness

MAY CHALLENGE

Use this challenge to get more steps through simple weight-bearing exercises. Do each day's exercise all at once or break it up throughout the day. Or step it up and do the challenge more than once a day! Don't forget to pump your arms.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
50 regular jumping jacks	50 forward walking lunges (alternating legs)	15 minute brisk walk	70 knee raises (alternating sides)	50 reverse stepping lunges (25 each side)
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
20 minute brisk walk	70 step-ups (alternating legs)	50 alternating 4-step side shuffles	25 minute brisk walk	70 butt kicks
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
50 side skaters (alternating sides)	30 minute brisk walk	70 regular jumping jacks	70 forward walking lunges (alternating legs)	35 minute brisk walk
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
70 high knees	70 reverse stepping lunges (35 each side)	40 minute brisk walk	100 step-ups (alternating legs)	70 alternating 4-step side shuffles
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
45 minute brisk walk	100 butt kicks	70 side skaters (alternating sides)	50 minute brisk walk	100 regular jumping jacks
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
100 high knees	55 minute brisk walk	100 forward walking lunges (alternating legs)	70 scissor jacks	60 minute brisk walk