**FEEL-GOOD MOVEMENTS CHALLENGE**

**Instructions**
Use the Feel-Good Movements noted on the back of this tracker or the Workstation Movement Video Library (https://go.iu.edu/4NeJ, URL is case-sensitive). Set a goal for the number of Workstation Movements you would like to complete each week. Track your progress!

**Reminder**
Listen to your body. Physical activity should make you feel refreshed and energized. If any movement is causing pain or unusual discomfort, trust your body’s signal and stop.

The Feel-Good Movement challenge goal is to integrate lifestyle activity throughout the day. ACSM recommends 2-3 days of resistance, flexibility, and neuromuscular exercise in addition to lifestyle activity.

For more information visit Healthy IU’s Physical Activity webpage at https://healthy.iu.edu/wellness-information/physical-activity.html.

We recommend using a certified fitness instructor when beginning any new exercise program.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>My goal for this week is:</th>
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<tbody>
<tr>
<td>Day 1</td>
<td>Day 2</td>
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<tr>
<td>WEEK 2</td>
<td>My goal for this week is:</td>
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<td>Day 8</td>
<td>Day 9</td>
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<td>WEEK 3</td>
<td>My goal for this week is:</td>
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<td>Day 15</td>
<td>Day 16</td>
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**GRAND TOTAL: ______________**

***When you’ve completed the challenge, tell us about your experience to receive a Healthy IU incentive!***

Visit go.iu.edu/summer-challenge for details.
Daily Movements

**Upper Back**
- With arms at sides, bring forearms parallel with ground.
- Pull elbows back and squeeze shoulder blades together like squeezing a pencil.
- Bonus: Add a resistance band.

**Inner/Outer Thigh**
- Stand with feet hip-distance apart.
- Slightly bend left leg.
- With bottom of right foot barely grazing the floor, move in clockwise motion then reverse.
- Repeat with other leg.

**Abdominals/Torso**
- With feet flat on floor, sit in middle of chair.
- Align shoulders over hips and raise arms overhead.
- With your right hand, grab your left arm below the wrist and gently lean to the right for three deep breaths.
- Return to center, then repeat on left.

**Sides of Back**
- With shoulders over hips, raise arms overhead.
- Make a fist and pull one elbow down by your side, squeezing as you go.
- Repeat with other arm.
- Bonus: Add a resistance band.

**Chest**
- Gently place hands behind head.
- Maintain good posture with feet flat on floor.
- Slowly push elbows back until you feel a stretch in chest. Breathe deeply!

**Wrist**
- Take left arm straight in front of you with palm facing the wall.
- Use your right hand to grab onto the fingertips of your left hand and gently pull the fingers back.
- Repeat with other hand.

**Shins**
- Sit with shoulders over hips.
- With heels on floor, lift toes.
- Bonus: Alternate lifting toes; move toes in different directions.

**Sit to Stand**
- From seated position, stand using only one leg.
- Bonus: Stand and close eyes; stand and turn head side to side.

**Shins**
- Sit with shoulders over hips.
- With heels on floor, lift toes.
- Bonus: Alternate lifting toes; move toes in different directions.

**Reminder:**
- Listen to your body. These movements should make you feel refreshed and energized. If any movement is causing pain or unusual discomfort, trust your body’s signal and stop.
- Aim for light-intensity activity throughout the day.
- 20/20/20—Every 20 minutes, get up, look 20 feet away, and do 20 seconds of movement.

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