

FEEL-GOOD MOVEMENTS CHALLENGE



Reminder

Listen to your body. Feel-Good Movements noted on the back of this tracker 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 go to: www.acsm.org/about-acsm/media-room/news-releases/2011/08/01/acsm-issues-new-recommendations-on-quantity-and-quality-of-exercise.

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

WEEK 1

My goal for this week is:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	WEEK 1 TOTAL DAYS

WEEK 2

My goal for this week is:

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	WEEK 2 TOTAL DAYS

WEEK 3

My goal for this week is:

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	WEEK 3 TOTAL DAYS

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.

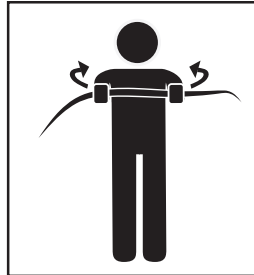


8 Feel-Good Movements You Can Do Anywhere

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.



Shins

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



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.



Sit to Stand

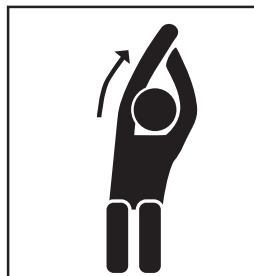
- From seated position, stand using only one leg. Repeat with other leg.
- Bonus: Stand and close eyes; stand and turn head side to side.



Daily Movement Stretches

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.



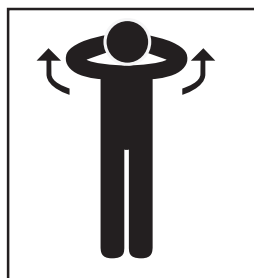
Sides of Back

- 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.



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.

