

START HERE: JULY

Welcome to the HWL Summer 2024
"Start Here, Get There!" Challenge!

July 2nd-August 31st, 2024

Complete the "Start Here" boxes during the month of July, and the "Get There" boxes during the month of August.

The August boxes are a bit more challenging than those in July, and are meant to be a progression.

Complete the challenge in whatever capacity feels best for you, and be entered to win PRIZES! Either tag us on Instagram @wellnesslabuofc or send us an e-mail: wellnesslab@ucalgary.ca with your completed challenge. Prize winners will be announced on September 4th, 2024.

Set a MOVE goal for the summer. Share to your Instagram and tag us!

Complete the July at-home circuit!

Write down 3 things you are grateful for. Post a pic to your Instagram and tag us! @wellnesslabuofc

Stretch during your favourite show.

Connect with a friend (e.g. reach out to someone in your ACE class!).

1hr tech-free before bed or first thing in the morning.

Try an outdoor activity (e.g. walk, bike).

For one day, every hour on the hour, complete 10 reps of your favourite exercise.

Take a walk around your neighbourhood.

Capture & post your movement - tag us! @wellnesslabuofc.

GET THERE: AUGUST

Don't forget to tag us in your Instagram posts @wellnesslabuofc, for a chance to win some awesome prizes!

Re-evaluate, and update your MOVE goal, or set a new one!

Complete the August at-home Cointoss circuit!

Send someone you care about a gratitude note.

Complete strength and/or balance exercises during your favourite show (e.g. squats).

Schedule a virtual movement date with a friend (e.g. someone from your ACE class!).

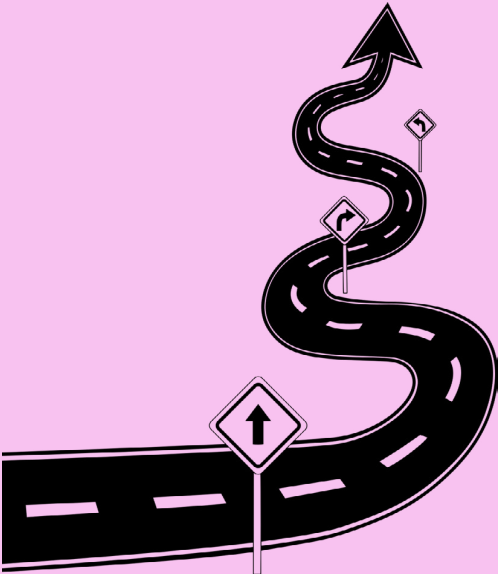
3hrs tech-free before bed or first thing in the morning.

Watch a sunrise or sunset. Or get in your morning or evening sunlight viewing!

Over the month, complete 500 reps of your favourite exercise.

Complete a 10-minute cardio burst (e.g. dance party in your living room!)

Complete a workout and send a photo to a friend or post it to Instagram and tag us @wellnesslabuofc. .



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MOVE MORE



www.ucalgary.ca/healthandwellnesslab

START HERE, GET THERE!

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Health & Wellness Lab Summer 2024 Challenge

Welcome to the Health and Wellness Lab Summer 2024 “Start Here, Get There” Challenge!
The purpose of this challenge is to move and connect with the Health and Wellness Lab community, in a way that feels good for YOU, throughout the months of July and August. Don't forget to track your progress as we will be giving away prizes for all of your hard work!

The Challenge will run from July 2nd until August 31st.

Prizes will be announced in early September!

The Details:

What: Start Here, Get There!

Who: YOU! And your friends, family, and fellow participants!

When: July 2nd-August 31st, 2024

Where: from the comfort of your own home (or wherever you may be at the time!)

Why: to move and connect with the HWL community, in a way that feels good for you!

How: download and save (or print) this document, and mark off the boxes on the challenge sheet at the very end of the document! The challenge is to complete the “Start Here” boxes in July and progress to the “Get There” boxes for August in an order or completion level that is appropriate for you (there is no right or wrong, complete as many boxes as feels right for YOU!).

Prizes: In order to be entered in to win prizes, please tag us on Instagram **@wellnesslabuofc** or email us at **wellnesslab@ucalgary.ca** as you progress through the challenge. For each post that you tag us in, you will be entered an additional time in the draw for prizes to be awarded in September.

Please note that participating in the “Start Here, Get There” Challenge is completely voluntary, and you should assess your readiness to engage in physical activity and movement prior to beginning and prior to each new challenge. This Challenge is designed for YOU to choose and do what feels good for YOU, so be sure to listen to your body!

For additional resources, and videos for moving at home, please visit our

Website: <https://kinesiology.ucalgary.ca/labs/health-and-wellness/resources/resources-patients>

ACE 12-Week Program: <https://www.youtube.com/watch?v=Gc6wh4kgc8s&list=PLMD83ZxV->

[CeZHuEc8iuTk9ohL_3x9bcLW](https://www.youtube.com/watch?v=CeZHuEc8iuTk9ohL_3x9bcLW)

ACE 12-Week in Punjabi: <https://www.youtube.com/watch?v=mCYwzcdXj2E&list=PLMD83ZxV->

[CebtLrPyfnKzjx5IEQRP9VbO](https://www.youtube.com/watch?v=CebtLrPyfnKzjx5IEQRP9VbO)

HWL Youtube: <https://www.youtube.com/channel/UC8wzwbzmZa2jz490x4DMZeQ/featured>

Thrive Manual: <https://thrivehealthservices.com/survivors/free-thriver-manual/>



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“Start Here, Get There” Challenge Acronyms, Abbreviations, & Explanations

What are reps?

Rep = repetitions, or the number of times you complete a specific exercise in a given set or amount of time.

So, “*for one day, every hour on the hour, complete 10 reps of your favourite exercise*” means that each hour you will choose an exercise to do 10 times. Same thing for 500 reps in August – you can choose an exercise (or however many feels right) to do 500 times throughout the month.

What is a MOVE goal?

M– What is your **motivation** to engage in this behaviour?

O – What **opportunities** do you have to engage in this behaviour?

V – Which core **values** does this goal relate to?

E – What will achieving this goal **enhance**? (physically, mentally, emotionally, socially)

Whenever you post an activity to your Instagram, be sure to tag us **@wellnesslabuofc** to be entered into the draw for prizes. All prizes will be awarded in September, 2024.



“Start Here, Get There” Challenge : July At-Home Circuit

After a 5-minute warm-up, complete **Circuit A** 1-4x for 45-60 seconds/exercise. Then, repeat the same for **Circuit B**. Switch halfway for single limb exercises.

Circuit A

A1: Reverse Lunge or Leg Extension

A2: Is, Ys, Ts or Wall Angels

A3: Single Leg Balance

A4: Cardio of Choice

Circuit B

B1: Standing or Bent Over Row

B2: Squat or Sit-to-Stand

B3: Chest Press or Push-Up (from wall, incline, knees or toes)

B4: Cardio of Choice

Cardio Choices: jumping jacks, bum kicks, high knees, speed skaters, 2 in-2 out, jog, stairs, mountain climbers, tuck jumps, dance party!

ACE 12-Week Program: https://www.youtube.com/watch?v=Gc6wh4kgc8s&list=PLMD83ZxV-CeZHuEc8iuTk9ohL_3x9bcLW

ACE 12-Week in Punjabi: <https://www.youtube.com/watch?v=mCYwzcdXj2E&list=PLMD83ZxV-CebtLrPyfnKzjx5IEQRP9VbO>

HWL Youtube: <https://www.youtube.com/channel/UC8wzwbzmZa2jz490x4DMZeQ/featured>



“Start Here, Get There” Challenge : August At-Home Circuit

COINTOSSWORKOUT

1. FLIP A COIN FOR EACH NUMBER TO DETERMINE WHICH EXERCISE YOU WILL PERFORM (I.E 1 - SQUATS OR LUNGES)
2. DO THE ASSIGNED EXERCISE FOR 60 SECONDS
3. COMPLETE 2 - 4X (YOUR CHOICE BASED ON YOUR ENERGY LEVEL!)

HEADS	TAILS
1 - SQUATS or WALL SIT 2 - JUMPING JACKS or LOW JACKS 3 - TREE POSE 4 - PUSH-UPS OR CHEST PRESS 5 - HIGH KNEES 6 - SINGLE LEG FORWARD BEND or HAMSTRING CURL 7 - GLUTE BRIDGE 8 - REVERSE FLY or ROW	1 - LUNGES or LEG EXTENSION 2 - FAST FEET or MARCHING ON THE SPOT 3 - TANDEM WALK 4 - TRICEPS DIPS OR KICKBACKS 5 - BUM KICKS 6 - SIDE LEG KICK or MONSTER WALK 7 - PLANK 8 - LAT PULLDOWN or PULLBACKS

NOTE: ☆ COMPLETE OUTSIDE, OR AT HOME! LISTEN TO YOUR BODY & MODIFY ANY EXERCISE AS NEEDED! HAVE FUN!! ☆

ACE 12-Week Program: https://www.youtube.com/watch?v=Gc6wh4kgc8s&list=PLMD83ZxV-CeZHuEc8iuTk9ohL_3x9bcLW

ACE 12-Week in Punjabi: <https://www.youtube.com/watch?v=mCYwzcdXj2E&list=PLMD83ZxV-CebtLrPyfnKzjx5IEQRP9VbO>

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