

KINGS COUNTY RECREATION DEPARTMENT PRESENTS

# SPRING INTO ACTIVITY

**DATES:** NOW UNTIL MAY 31!

**TIME:** WHENEVER YOU'D LIKE!

**WHERE:** AT YOUR HOUSE (PLEASE STAY HOME)

**HOW TO ENTER:** COMPLETE AND SEND THE FORM TO RECREATION@COUNTYOFKINGS.CA BY JUNE 1

**PRIZE:** TBA

## DAILY CHALLENGES

**DAY 1:** 1L OF WATER

**DAY 2:** 2 MINUTE PLANK + DAY 1

**DAY 3:** 3 MINUTE WALL SITS + DAY 2

**DAY 4:** 4 (EACH SIDE) LUNGE JUMPS + DAY 3

**DAY 5:** 5 MINUTES OF STRETCHING + DAY 4

**DAY 6:** 6 MINUTE DANCE PARTY + DAY 5

**DAY 7:** 7 SUPER(WO)MANS + DAY 6

**DAY 8:** 8 GLUTE BRIDGES+ DAY 7

**DAY 9:** 9 PUSH UPS + DAY 8

**DAY 10:** 10 MINUTE WALK + DAY 9



# SPRING INTO ACTIVITY

## CHALLENGE INFORMATION

ACTIVE LIVING IS ADDING SMALL AMOUNTS OF MOVEMENT INTO OUR DAY TO CREATE ACTIVE LIFESTYLES.

THE INTENT OF THE CHALLENGE IS TO SHOW HOW ADDING SMALL AMOUNTS OF MOVEMENT IN OUR DAILY ROUTINES DOESN'T HAVE TO BE CHALLENGING OR DIFFICULT! IT CAN ALSO LEAD TO US FEELING HAPPIER, HEALTHIER AND MORE CONNECTED TO THOSE AROUND US!

ACTIVE LIVING HAPPENS WHERE WE LIVE, WORK, LEARN AND PLAY- TRY ADDING SMALL MOVEMENT LIKE THESE INTO YOUR DAILY ROUTINE.

### CHALLENGE DESIGN:

THE CHALLENGE IS DESIGNED SO THAT YOU REPEAT ALL OF THE CHALLENGES FROM THE DAY BEFORE. FOR EXAMPLE:

DAY 1: 1 LITER OF WATER

DAY 2: 2 MINUTE PLANK + 1 LITER OF WATER

DAY 3: 3 MINUTE WALL SIT + 2 MINUTE PLANK + 1 LITER OF WATER

DAY 4: 4 (EACH SIDE) LUNGE JUMPS + 3 MINUTE WALL SIT + 2 MINUTE PLANK + 1 LITER OF WATER

DAY 5: 5 MIN STRETCH + 4 (EACH SIDE) LUNGE JUMPS + 3 MINUTE WALL SIT + 2 MINUTE PLANK + 1 LITER OF WATER

### BREAKING UP ACTIVITIES:

YOU DO NOT NEED TO DO THE ACTIVITIES ALL IN ONE GO! YOU CAN DIVIDE IT UP TO BEST SUIT YOUR NEEDS- EITHER AS A CIRCUIT OR THROUGHOUT THE DAY!

4X30 SECOND PLANKS

2X3 MINUTE DANCE PARTY

5X1 MINUTE STRETCHING

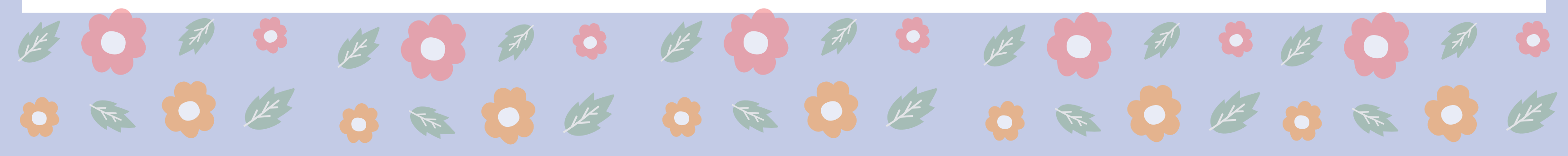
### OTHER NOTES

ALL EXERCISES CAN BE MODIFIED TO SUIT YOUR INDIVIDUAL NEEDS!

ALL EXERCISES CAN BE DONE IN WHATEVER ORDER YOU PREFER

### OTHER RESOURCES

BE SURE TO FOLLOW THE MUNICIPALITY OF THE COUNTY OF KINGS ON FACEBOOK!



# SPRING INTO ACTIVITY

## HELPFUL HINTS AND TIPS

### DAY 1: 1L OF WATER

FILL A LARGE GLASS OF WATER OR A WATER BOTTLE. TRY TO HAVE ONE IN BETWEEN EACH MEAL AND SNACK

### DAY 2: 2 MINUTE PLANK + DAY 1

TRY DIFFERENT VARIATIONS- FROM YOUR KNEES, AGAINST THE WALL, ETC.

### DAY 3: 3 MINUTE WALL SIT + DAY 2

CAN BE BROKEN UP THROUGHOUT THE DAY!

### DAY 4: 4 (EACH SIDE) LUNGE JUMPS + DAY 3

SWITCH THE LEG YOU ARE LUNGING WITH WITH A JUMP AND PAUSE BETWEEN EACH. FOR ADDED FUN, TRY SPIDERMAN LUNGES, WHEN YOU SHOOT YOUR WEB DURING THE PAUSE \*INSERT NOISE HERE\*

### DAY 5: 5 MINUTES OF STRETCHING + DAY 4

TAKE SOME TIME TO STRETCH, ESPECIALLY YOUR NECK AND SHOULDERS FROM SITTING

### DAY 6: 6 MINUTE DANCE PARTY + DAY 5

BLAST YOUR FAVOURITE DANCE SONGS AND HAVE SOME FUN! TRY DANCING TO AT LEAST TWO SONGS

### DAY 7: 7 SUPER(WO)MANS + DAY 6

LAY ON YOUR BELLY AND LIFT YOUR ARMS AND LEGS AT THE SAME TIME. PAUSE. EXHALE AS YOU LOWER.

### DAY 8: 8 GLUTE BRIDGES + DAY 7

LAY ON YOUR BACK WITH YOUR KNEES BENT. LIFT YOUR BACK AND BUM OFF THE GROUND AND HOLD. COME BACK DOWN TO THE START POSITION. THIS CAN ALSO BE DONE WITH YOUR LEGS ELEVATED ON A CHAIR OR COUCH!

### DAY 9: 9 PUSH UPS + DAY 8

DIFFERENT VARIATIONS INCLUDE INCLINE (HANDS ON THE FLOOR, FEET ON THE COUCH), FROM YOUR KNEES, OR WALL PUSH UPS!

### DAY 10: 10 MINUTE WALK + DAY 9

TALK A WALK AROUND YOUR NEIGHBOURHOOD, YOUR BACKYARD, OR DO LAPS OF YOUR HOUSE!

# SPRING INTO ACTIVITY TRACKING

PLEASE SELECT THE DAYS YOU COMPLETED THE CHALLENGE

NAME: \_\_\_\_\_

- DAY 1: 1L OF WATER
- DAY 2: 2 MINUTE PLANK + DAY 1
- DAY 3: 3 MINUTE WALL SIT + DAY 2
- DAY 4: 4 (EACH SIDE) LUNGE JUMPS + DAY 3
- DAY 5: 5 MINUTES OF STRETCHING + DAY 4
- DAY 6: 6 MINUTE DANCE PARTY + DAY 5
- DAY 7: 7 SUPER(WO)MANS + DAY 6
- DAY 8: 8 GLUTE BRIDGES + DAY 7
- DAY 9: 9 PUSH UPS + DAY 8
- DAY 10: 10 MINUTE WALK + DAY 9