



**HEALTHY ACTIVE**  
ARKANSAS



UNIVERSITY OF  
**CENTRAL  
ARKANSAS™**

COLLEGE OF HEALTH AND  
BEHAVIORAL SCIENCES  
EXERCISE AND SPORT SCIENCE

## Hourly Wellness Challenge

Set your watch or your phone to go off every hour. Get up and **MOVE, RELAX, or STRETCH!**

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|----|-------|---|
| AM | 6:00  | Start your day with 10 deep breath stretches, full range of motion with arms. Eat a good breakfast (low sugar, good carbs and some protein) to jump start metabolism.   |
|    | 7:00  | March in place for 2 minutes while brushing your teeth.   |
|    | 8:00  | Jog in place for 60-120 seconds before remote classwork or meetings begin.  |
|    | 9:00  | Get up out of your chair and do 10-25 squats using your chair as a guide.   |
|    | 10:00 | Mid-morning stretch and snack. Stand up, place your back against the wall and stretch arms high so middle back comes off wall but hands still touch. Grab an energy snack, maybe some fruit, veggies or nuts.   |
|    | 11:00 | Do as many push-ups (wall, floor, or incline) as you can in 60 seconds.   |
| PM | 12:00 | Lunch time. Take time to eat a healthy, nutritious lunch. Involve the kids in the lunch preparation, let them choose which fruits or veggies they want to include. If you can go outside and maintain social distancing, get some sunshine and walk around for 10-15 minutes. |
|    | 1:00  | Do 5 deep breath stretches like you did when you woke up, really expand your arms, expand your lungs and open your heart.   |
|    | 2:00  | Roll your shoulders 5 times forward and 5 times back. Tilt your head slowly to one side and hold for 20 seconds and then the other side and hold for 20 seconds.  |
|    | 3:00  | Do 10-25 squats or leg lifts, alternating on each side.   |
|    | 4:00  | March in place or do jumping jacks (side jacks) for 2 minutes.  |
|    | 5:00  | Take some time to disconnect from electronics. Go outside, get some fresh air and walk again for 20-30 minutes. Try for a faster pace to get your heart pumping.  |
|    | 6:00  | Dinner time. Turn on some music and everyone dance while cooking. Get the kids involved, make up your own dance moves.  |
|    | 7:00  | Do side jacks, jumping jacks, jog in place, or if you have stairs in your house, go up and down them for 2 minutes.   |
|    | 8:00  | Do 10 push-ups; follow with 10 squats while brushing your teeth.  |
|    | 9:00  | Relax your body and mind and do 10 deep breath cat/cow stretches or child's pose (yoga) for 5 minutes.  |
|    | 10:00 | Disconnect from all electronics at least 30 minutes before bed. Be quiet, do a simple meditation, think about at least 2 things you were grateful for that day.   |

**#KeepMovingAR**