## November 2014 Campus Wellness Challenge Calendar

Sun Mon Tue Wall Sit Thu Fri Sat Wed

							Walk during commercials for 1 hour
2		3	4	5	6	7	8
	REST	30 seconds of lunges	45 seconds of ice skaters with a row	70 seconds Wall Sit with Arm cir- cles	Take a break and deep breathe for 5 minutes	45 seconds of squats or back leg kicks	Walk during com- mercials for 1.5 hours
9		10	11	12	13	14	15
	REST	45 seconds of lunges	60 seconds of ice skaters with a row	75 seconds Wall Sit with Arm cir- cles	Take a break and deep breathe for 7 minutes	60 seconds of squats or back leg kicks	Walk during com- mercials for 2 hours
16		17	18	19	20	21	22
	REST	60 seconds of lunges	70 seconds of ice skaters with a row	80 seconds Wall Sit with Arm cir- cles	Take a break and deep breathe for 9 minutes	70 seconds of squats or back leg kicks	Walk during com- mercials for 2.5 hours
23		24	25	26	27	28	29
	REST	70 seconds of lunges	80 seconds of ice skaters with a row	85 seconds Wall Sit with Arm cir- cles	Take a break and deep breathe for 10 minutes	80 seconds of squats or back leg kicks	Walk during com- mercials for 3 hours