

Challenge Yourself: Take Control of Your Physical Health

Challenge 1: Try Something New

Explore a new form of cardio

- Keep it fun, fresh, and engaging

Examples: swimming, rowing, dance classes, hiking, spin

Challenge 2: Zone 2 Challenge

- 20 minutes of continuous movement
- Intensity: able to speak short sentences, but not sing

Examples : brisk walking, cycling, elliptical, light jogging

Challenge 3: Interval Training Challenge

- 30 seconds effort (hill, stairs, incline walk/jog)
- 90 seconds slow recovery
- Complete 5 total rounds

Challenge 4: “Cardio Snacks”

- Perform 3 short bouts of movement throughout your day
- Each session can be 1–5 minutes

Examples: brisk walking, jump rope, Cycling, Bodyweight squats, jumping jacks or step-ups

Challenge 5: Sprint Challenge

- Start with a 5–10 minute warm-up
- Perform 3 rounds of 15-second fast effort
- Use full-body movements: running, stairs, cycling
- Take 2 minutes full recovery between efforts

Challenge 6: Heart Rate Awareness

- Use a heart rate monitor to learn your zones
- Structure: 10 min easy pace, 5 min moderate, 5 min higher intensity
- Pay attention to how your body feels at each level