7-Day Schedule for
NATIONAL HEALTH & FITNESS WINTER WEEK

*Join **Fitness Industry Council of Canada** as we celebrate National Health and Fitness Winter Week! Earn 150 minutes of physical activity by following along with recommended daily outdoor exercises, endorsed by **canfitpro**, in order to reach your wellness goals!*

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01 Movement Monday

Walk

Brisk 15 Minute Walk: outdoors around the block for 15 minutes to burn calories and take a break from sitting at your desk and behind a computer screen.

02 Transformation Tuesday

Push-up
(using park bench)

Interval 30 Minute Power Park-Bench Workout: Walk to a nearby park and perform Park-Bench Push-Ups (15-25 reps) at every park bench you meet and / or loop around to the same bench 5 times – Perform 5 minutes of walking and 1 minute of Push-Ups, substitute Seated Dips or Mountain Climbers for variety.

Push-Ups: Place hands on the seat and walk your feet out behind you until your legs are fully extended.

Push-up
(using park bench)

> **For more intensity:** Turn around and place your hands on the ground and your feet on the bench; walk your hands forward until your hands are aligned under your shoulders and legs extended.

Park-Bench
Seated
Tricep Dips

Seated Dips: from a seated position with your hands by your side; palms on the edge of the seat slip your hips forward off the front edge and bend your elbows to lower your hips down then return hips to the seat and repeat.

Mountain
Climbers

Mountain Climber: from a plank position with hands on the seat alternate driving your knees to your chest, keeping your hips parallel to the ground.

03 Wellness Wednesday

All Nature Power Yoga: choose your favorite Yoga Poses and perform outdoors for 10-15 minutes to help you focus on breathing and your balance and take in nature's beauty. Hold each pose for 5 to 10 deep slow breaths (inhale and exhale through your nose to warm up your breath and slow down your breathing), change to the other side or next pose and complete moves 1 to 4. Finish with sequence 5.

1. Chair Pose

Chair Pose

2. Tree Pose

Tree Pose

3. Warrior II

Warrior II

4. High Lunge

High Lunge

5. Sun Salutation:

a) Mountain Pose

Mountain Pose 1

Mountain Pose 2

Mountain Pose 3

b) Forward Fold [Bend]

Forward Fold (Bend)

c) Low Lunge [right]

Low Lunge

d) Downward Dog

Downward Dog

Repeat in reverse and return to the mountain pose, then repeat with left leg. >>>>

04 Throwback Thursday

20 Minute Walk-Jog Interval Workout: A classic training principle for building aerobic stamina. Alternate brisk walking with jogging in intervals determined by your area: walk a street block, jog a street block and repeat for 20 minutes. If you live on a long street alternate walk interval with a jog interval at each lamppost. Challenge yourself by doubling up the jogging (2 blocks or lampposts at one time).

05 Feature Friday

20 to 60 Minute Trail Walking or Hiking: #embracewinter by adventuring off road to explore local trails. To access trail maps in your area at **https://apps.apple.com/ca/app/alltrails-hike-bike-run/id405075943**

06 Saturday Sweat

20 Minute Winter Workout: Circuit workout consisting of 5 moves that mimic classic winter sports/recreational activities. Perform each of the following 5 moves (45 seconds each followed by a 15 second recovery) x 4 intervals = 20 minutes

1. **Squat Jumps** (Option: Jump side-side to mimic downhill skiing)
2. **Alternate forward or backward stepping lunges** (Option: Plyometric lunges to mimic cross-country skiing)
3. **Quick Step side-to-side** (Option: Skater to mimic skating)
4. **Burpee Jumps** (Option: modified without jumping up or out into a plank; step one foot back at a time into a plank to mimic falling down and getting back up)
5. **Mountain Climbers from the ground/plank position** (Option: perform on a incline: seat of a bench or step to mimic climbing up a hill pulling a toboggan)

07 StepUp Sunday

Step Ups: using a step or curb step "up (right), up (left), down (right), down (left)" 10-25 times on each leg and repeat 5 times for a total of 100 to 500 step ups. Swing your arms to lift intensity. For a greater challenge find a set of stairs to climb up and run down 5-10 times.

Remember to take selfies to celebrate your week of outdoor fun and fitness and don't forget to share your experiences with your community virtually on Twitter or Facebook with the hashtags ***#LetsMoveCanada and #BougeonsCanada!***

Congratulations on your participation in National Health and Fitness Winter Week!