



2022 Medical Fitness Week Challenge Card

Name: _____ Phone: _____ Email: _____

Choose location: South Bend _____ Granger _____ Elkhart _____ Three Rivers _____

Your goal is to move at least 150 minutes this week!

Complete one row or column of activity challenges. Exercises do not have to be completed in order.

M	O	V	E	1	5	0
Stretch 10 minutes	Cardio workout or class 20 minutes	Bootcamp HIIT or Sports Perf 30 minutes	Stretch or Foam Roller 15 minutes	Workout of your choice 15 minutes	Bootcamp HIIT or Sports Perf 30 minutes	Cardio workout or class 30 minutes
Workout of your choice 15 minutes	Stretch 10 minutes	Walk, Run or Bike 20 minutes	Water Class Or Swimming 45 minutes	Cardio workout or class 30 minutes	Walk 30 minutes	Walk, Run or Bike 20 minutes
Xcelerate or biking 30 minutes	Any group Fitness class 30-60 minutes	Cardio workout or class 30 minutes	Walk or Run 10 minutes	Any group Fitness class 30-60 minutes	Workout of your choice 15 minutes	Xcelerate or biking 30 minutes
Strength workout or class 30 minutes	Cardio workout or class 30 minutes	Workout of your choice 15 minutes	Bonus Drink extra glass of water	Workout of your choice 15 minutes	Cardio workout or class 30 minutes	Virtual Les Mills Class 30 minutes
Cardio workout or class 30 minutes	Strength workout or class 30-45 minutes	Stretch or Yoga 30 minutes	Virtual Les Mills Class 30 minutes	Strength workout or class 30-45 minutes	Any group Fitness class 30-60 minutes	Cardio workout or class 30 minutes
Yoga or Pilates class 45 minutes	Core workout 15 minutes	Cardio workout or class 30 minutes	Strength workout or class 45 minutes	Bike or walk 15 minutes	Virtual Les Mills Class 30 minutes	Workout of your choice 15 minutes
Stretch 20 minutes	Strength workout 20 minutes	Virtual Les Mills Class 30 minutes	Pilates class or stretching 30 minutes	Stretch or Yoga 30 minutes	Strength workout 20 minutes	Walk with a friend 30 minutes

Turn in completed card at the Information Desk or email to:
programs@beaconhealthsystem.org by May 19, 2022.