

Fit for Fun Lean Plate Club Challenge

Week Seven

As you complete each activity, place a check mark in the appropriate box.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CONSIDER Buying a pedometer							
2 ADD 5 minutes to your daily lunchtime walk for a total of 15 minutes, 5 days/week							
5 minutes to either daily mid-morning or mid-afternoon walk for total of 10 minutes, 5 days/week							
3 MAINTAIN Chair Stands, three times/week							
Toe Stands, three times/week							
Push-ups, three times/week							
Sleep 8 hours per night, seven times/week							
One 20 minute walk this week							
Executive sit-ups							
Daily stretches (ideally every 60 to 90 minutes throughout the workday)							
Desk Sets							
Cross Stretch							
Stop Stretch							
Cat Stretch							
Be Hip							
Tune your hamstrings							

EXECUTIVE SIT-UPS Sit straight in chair. Tighten abs, pulling belly button towards spine. Breathe in slowly while keeping muscles tight. Breathe out slowly. Repeat through the day.

CROSS STRETCH Stand, arms hanging at sides. Raise arms to your sides, making the shape of a cross. Keep elbows straight. Turn palms up, point thumbs back. Hold for five to 10 counts. Repeat throughout the day.

STOP STRETCH Standing or seated, put your right arm out in front of you, palm up, like you're stopping traffic. Keep elbow straight. Use left hand to gently pull fingers toward your face. Hold for about 10 counts. Repeat on other side. Then with both arms straight, make fists and move hands towards floor to stretch wrist. Hold for 10 counts (or start with five, if it's uncomfortable) and gradually build up to 10. Relax briefly. Repeat.

CAT STRETCH Stand. Bend knees slightly, placing hands just above knees. Now arch your back gently up and then down like a cat. The middle of the back should move the most and with it, all vertebrae in the back.

BE HIP Hip flexors often tighten with sitting. Stand. Place left leg forward, right leg back. Bend both knees slightly. Keep feet flat. Move hips slightly forward. Hold position for 10 counts, gradually increasing time to up to one minute. Repeat on other side.

TUNE YOUR HAMSTRINGS Tight hamstrings are a common complaint of the desk set. To stretch, stand and elevate your right leg on something stable, about 12 to 16 inches high. A wastebasket or open desk drawer will do.) If needed, place one hand on the wall, door knob or file cabinet for balance. Keep both knees slightly bent, especially the elevated knee. With back straight, slowly lean forward until you feel hamstring stretch at the back of the thigh. Stick out your derriere. Hold for 10 counts. Repeat on other side.