



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 between February 1 to 7th by following along with recommended daily outdoor exercises, endorsed by **canfitpro**, in order to reach your wellness goals!

01 February 1: 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 February 2: Transformation Tuesday



Push-up
(using park bench)

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

> **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.



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.



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.



