

30 DAY CHALLENGE

Participate w/ InMotion Videos of choice x 20 Minutes	Seated PWR Up x 12 PWR Rock w/ reach x 12 PWR Twist x12 Repeat cycle	Disinfect by wiping remotes, phones, door knobs, counters, light switches, faucets	Seated Leg Kicks while saying Months of year Repeat leg kicks, say Months backwards	Write a loving, supportive, or Inspiring note to someone
Seated and/or Standing Knee lifts (march) and Say Alphabet Repeat/try saying backward	Walk outside 20 Minutes or Movement in chair/ around house x 15 Min And Sing/whistle	Partial or Full Sit to/from Stand from chair 12 times Repeat	Fold Load of laundry with good effort and precision	Color a picture or own design Then try coloring with opposite hand
Free Dance or move to music X 15 Minutes	Clean/Organize junk drawer, cabinet, shelves, etc	Participate w/ InMotion Videos of choice x 20 Minutes	Hold ends of hand towel - Big Figure 8's and Sing Row Your Boat 3 times through	Sit quietly for 10 minutes; Be Mindful Focus on breathing/ positive thoughts
Walk Real or imaginary Dog or Active Play with Pet x 5 minutes Repeat	Seated Arm Cross over Reaches while saying "High, High- Low, Low" ~ 30 seconds Repeat	Practice annunciating vowels. Make Funny Faces and take photos!	Seated Alternate Opening leg/ knee out to side X 15 Count by 2's Repeat backward by 2's	Tai Chi Qigong warm-up or Tai Chi Basic Moves x 15 Min. Or Alternate Movements/ Videos
Seated Legs Out/Out then In/In or Full seated Jumping Jacks X 12 Repeat	Visualize your Happy place/ nature spot Draw pix or write poem of it or your feelings	Hold ends of hand towel taught Forward and Backward Bicycles, Low to High; Repeat	Participate w/ InMotion Videos of choice x 20 Minutes	Write a rhyming or any kind of poem Try to express your feelings
Seated boxing 12 jab/ cross 12 Hooks 12 Upper cuts Repeat	Participate w/ InMotion Videos of choice X 20 minutes	Help Prepare yummy meal in kitchen Or help do Dishes after	Seated or Standing w/ support Toe Raises x 15 Count by 3's Repeat, by 3's backwards	Arm Push-ups facing wall (Move feet back away from wall) 15 times Repeat