

# January Fitness Challenge!

**PUSH FORWARD IN 2025!**



Welcome to the Start Strong, Stay Strong New Year Resolution Fitness Challenge! This January, we're helping you kick off 2025 with a month-long journey toward better health and wellness. Each day features a fun, simple activity designed to keep you moving, motivated, and on track with your goals. Whether you're building strength, boosting endurance, or focusing on mindfulness, this challenge is your road-map to starting the year strong and staying strong.

## JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Write down 3 specific goals for the month and plan your workout schedule.	<b>2</b> Do a 20-minute HIIT workout: 30 seconds of high-intensity exercise, 30 seconds of rest.	<b>3</b> Track your starting point: weight, body fat %, number of push-ups, or time for a 1-mile walk/run.	<b>4</b> Walk or jog for 30 minutes.
<b>5</b> Spend 15 minutes stretching and journaling about what motivates you.	<b>6</b> Take a rest day and focus on drinking at least 8 glasses of water.	<b>7</b> Hold a plank for as long as possible. Try to beat your time by the end of the month!	<b>8</b> Do 3 rounds of 10 squats, 10 push-ups, 10 lunges (each leg), and 10 dumbbell rows.	<b>9</b> 20 minutes of high-energy cardio: jump rope, cycling, or stair climbing.	<b>10</b> Try a core circuit: 3 rounds of 20 crunches, 15 leg raises, and a 30-second side plank (each side).	<b>11</b> Get outside for a brisk 2-mile walk or run.
<b>12</b> Aim for 100 ounces of water today and track how you feel.	<b>13</b> Stretch for 10 minutes or take a slow, mindful walk.	<b>14</b> Do as many push-ups as you can in one go. Record your number and aim to beat it later.	<b>15</b> Spend 30–45 minutes walking, jogging, cycling, or swimming.	<b>16</b> 3 rounds of 15 squats, 15 push-ups, 15 glute bridges, and a 1-minute wall sit.	<b>17</b> Try a single-leg stance for 30 seconds each leg; repeat 3 times.	<b>18</b> Spend 15–20 minutes climbing stairs.
<b>19</b> Write 3 things you're grateful for in your fitness journey.	<b>20</b> Focus on getting 7–8 hours of quality sleep.	<b>21</b> Add 10 seconds to your plank time from Week 1.	<b>22</b> Redo your baseline fitness test (e.g., push-ups, 1-mile run).	<b>23</b> Choose your favorite workout and go all out for 20–30 minutes.	<b>24</b> Walk at a fast pace for 30 minutes, focusing on posture and breathing.	<b>25</b> Spend 15 minutes foam rolling or stretching tight muscles.
<b>26</b> 5–20 minutes of sprints, cycling, or jump rope.	<b>27</b> Treat yourself to a restful day or light yoga.	<b>28</b> Reflect on your progress, update your goals, and share a win with a friend or group.	<b>29</b> Redo your longest cardio session (time or distance) from earlier in the month.	<b>30</b> Repeat the Jan 8 workout and compare your strength.	<b>31</b> Review your journey and treat yourself to something that supports your health and wellness.	



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