

## MONTHLY FITNESS CHALLENGE

# BURN OFF THAT BAR!

Every day in October, tackle one candy-inspired fitness challenge. Each activity is designed to match the calories of a popular Halloween treat!

## OCTOBER FITNESS CHALLENGE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Fun Size Snickers</b> 80 Calories 10 mins of jumping rope	<b>2</b> <b>Reese's Cup</b> 105 Calories 1 mile of brisk walking	<b>3</b> <b>KitKat</b> 210 Calories 20 mins of cycling	<b>4</b> <b>Milky Way Fun Size</b> 80 Calories 100 mins of jumping jacks
<b>5</b> <b>Twix</b> 80 Calories 100 jumping jacks	<b>6</b> <b>Peanut M&amp;Ms</b> 190 Calories 2,500 steps	<b>7</b> <b>Butterfinger Fun Size</b> 90 Calories 15 mins of yoga flow	<b>8</b> <b>Reese's Pumpkin</b> 170 Calories 15 mins of HILT	<b>9</b> <b>Almond Joy</b> 220 Calories 20 mins of bodyweight workout	<b>10</b> <b>Hershey's Bar</b> 210 Calories 2 miles of a jog/run	<b>11</b> <b>3 Musketeers Fun Size</b> 85 Calories 10 mins of dancing
<b>12</b> <b>Caramel Apple Pop</b> 70 Calories 75 squats	<b>13</b> <b>Candy Corn</b> 140 Calories/handful 15 mins of brisk walking	<b>14</b> <b>KitKat Fun Size</b> 70 Calories 7 mins of planking & core	<b>15</b> <b>Snickers</b> 250 Calories 25 mins of cycling	<b>16</b> <b>Reese's Pieces</b> 190 Calories 2 miles of walking	<b>17</b> <b>Payday Bar</b> 240 Calories 20 mins of rowing or resistance training	<b>18</b> <b>Twix Fun Size</b> 80 Calories 10 mins of wall sits & squatting
<b>19</b> <b>Peanut Butter Cup Mini</b> 90 Calories 1-mile jog	<b>20</b> <b>Starburst</b> 160 Calories/Pack 15 mins of jump rope	<b>21</b> <b>Milky Way</b> 240 Calories 25 mins of stair climbing	<b>22</b> <b>Hershey's Kiss</b> 25 Calories each 25 push-ups	<b>23</b> <b>KitKat</b> 210 Calories 20 mins of circuit training	<b>24</b> <b>Reese's Cup</b> 105 Calories 1 mile of power walk	<b>25</b> <b>Butterfinger</b> 250 Calories 30 mins of spin class
<b>26</b> <b>M&amp;M Minis Tube</b> 150 Calories 15 mins of cardio mix	<b>27</b> <b>Caramel Popcorn Ball</b> 200 Calories 20 mins of strength circuits	<b>28</b> <b>Snickers Fun Size</b> 80 Calories 100 crunches	<b>29</b> <b>Reese's Pumpkin</b> 170 Calories 20 mins of kickboxing	<b>30</b> <b>KitKat</b> 210 Calories 2.5 miles of walking	<b>31</b> <b>It's Halloween Your Choice!</b> Pick your favorite candy & double your workout! 🍬	

**We are not recommending eating these fun size candies each day!**

This calendar is to keep your fitness goals in check should you indulge this month. Find your favorite candy treat and perform the amount of exercise as part of the challenge. Use a fitness tracker or heart rate monitor for more exact measurements for your body.



YMCA OF LONG ISLAND

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