

JANUARY FITNESS CHALLENGE!

Start Small. Get Strong.

January Challenge Begins Now!



WEEK 1

Build the Base

- 20–30 minutes of activity, 4–5 days this week
- Daily 10-minute walk
- Stretch for 5 minutes before bed
- Drink at least 6–8 cups of water per day

WEEK 2

Strength & Stamina

- 2 strength workouts (bodyweight is fine)
- 2 cardio sessions (20–30 min)
- Add a “healthy swap” each day (e.g., fruit for snacks, one sugar-free drink)
- Try one new fitness activity (yoga, cycling, dance, etc.)

WEEK 3

Level Up & Push

- 3 strength sessions (upper/lower/full body split or circuits)
- 2 cardio sessions (try one interval/HIIT-style)
- Add mobility work twice this week
- Increase water intake or protein intake by 10–20%

WEEK 4

Finish Strong

- Hit 5 total workouts (mix of strength & cardio)
- Pick a “mini-goal” to complete (hold a 60-sec plank, run 2 miles, do 20 push-ups)
- Meal-prep one day this week
- Reflect on progress and set a February continuation goal

START CHALLENGE!



YMCA OF LONG ISLAND

Bay Shore • East Hampton • Patchogue
Glen Cove • Huntington

855-2YMCA LI
YMCA LI.org