

# AUGUST FITNESS CHALLENGE!

**STRONG ALL SUMMER!**



## AUGUST 2026

### WEEK 1

#### MOVE MORE

**Challenge:** Complete 150 minutes of physical activity this week.

**Ideas include:** Group Exercise Classes, Walking or Running, Swimming, Strength Training, or Cycling.

**Bonus:**

Try one class you've never taken before!

### WEEK 2

#### STRENGTH WEEK

**Challenge:** Complete 3 full-body strength workouts this week.

**Include exercises such as:** Squats, Push-ups, Rows, Lunges, or Core exercises.

**Bonus:**

Finish each workout with a 1-minute plank.

### WEEK 3

#### CARDIO CHALLENGE

**Challenge:** Complete 4 cardio workouts of at least 30 minutes each.

**Choose your Favorite:** Treadmill, Elliptical, Indoor Cycling, Swimming, Group Cardio Class, Outdoor Walk or Run.

**Bonus:**

Add 5 minutes of intervals to one workout.

### WEEK 4

#### RECOVERY & WELLNESS

**Focus on recovery by completing:**

- 2 Stretching or Yoga sessions
- Drink at least 64 oz. of water each day
- Get 7–8 hours of sleep on at least 5 nights

**Bonus:**

Spend 10 minutes each day practicing mindfulness or deep breathing.



**YMCA OF LONG ISLAND**

Bay Shore • East Hampton • Patchogue  
Glen Cove • Huntington

**START  
CHALLENGE!**

