NOVEMBER FITNESS CHALLENGE!

GOBBLE UP YOUR FITNESS GOALS!



NOVEMBER 2026

Give thanks, get moving, and stay strong this November! Take on four Thanksgiving-inspired weekly challenges designed to keep you active, build strength, boost your cardio, and finish the month feeling grateful, healthy, and strong!

WEEK 1

TURKEY TROT INTO FITNESS!

Your Challenge: Get 30 minutes of movement each dayfor 5 days. Walk,swim,cycle, take a class, or hit thegym—get moving and give thanks for what your body can do!

WEEK 2

PUMP UP THE PIE!

Your Challenge: Complete 3 strength workouts this week. Build strengthfromheadto toe!Challenge yourself with full-body workouts and get stronger with every rep.

WEEK 3

GET YOUR HEART STUFFING!

Your Challenge: Get 20 minutesof cardio for4 daysthis week. Walk, run,bike,swim, or dance—keep your heart pumping and your energy soaring!

WEEK 4

FEAST ON FITNESS!

Your Challenge: Complete 4workouts in 7 days. FinishNovember strong! Celebrate your progress, give thanks for your hard work, and head into the holiday season feeling your best!

the YMCA

YMCA OF LONG ISLAND

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START CHALLENGE!