



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA of Auburn-Lewiston

Y @ Turner St 62 Turner Street, Auburn

Y @ CMMC 12 High Street, Lewiston

Y @ Health Club & Spa 1977 Lisbon Road, Lewiston

alymca.org



EVERYBODY MOVE YOUR BODY

30 DAY FITNESS CHALLENGE

Week of

Feb 4th – Mar 2nd

Week of

For this 4-week event, members are challenged to complete 5 activities per week (one from each category on the list). →

At the end of each week, participants will bring their completed calendar to any YMCA of Auburn-Lewiston location, where our Member Services Staff will verify and initial each completed week.

For each week completed, members will be entered to win a prize. If all 4 weeks are completed, they will be entered to win a YMCA sweatshirt!

This challenge is free for members!

Scan the QR code or visit bit.ly/alymca to register before February 4th.

For more info contact [Nicole Oberlander](mailto:noberlander@alymca.org)
Executive Director of Health, Wellness, & Fitness
noberlander@alymca.org 207-795-4095 ext. 209



ACTIVITY EXAMPLES

or create your own - aim for at least 30 mins

1. CARDIO

Run, walk, jog, row, elliptical, sprint 8, swim, jump rope, Zumba class, Active Together class, tabata, hiit, snow shoeing, skiing, or virtual Y class.

2. STRENGTH TRAINING

Cybox circuit, free weights, body weight (push-ups, crunches, squats), resistance bands, Strength Train Together class, Strength and Conditioning class, or virtual Y class.

3. YOGA / STRETCHING

Yoga class, pilates, stretching, foam roller, or virtual Y class.

4. MINDFULNESS / SELF-CARE

Recreation, reading, meditation, visit friends, listen to a podcast, get a massage, or participate in any activity you enjoy.

5. NUTRITION

Drink your weight in ounces of water, try a healthy new recipe, eat 4-6 servings of vegetables, work on portion control, meal prep, or track your food intake.



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30 DAY FITNESS CHALLENGE

NAME: _____

DATE STARTED: _____

WEEK 1

Cardio	Strength Training	Yoga/ Stretching	Mindfulness/ Self-Care	Nutrition	Staff Signature
Activity:	Activity:	Activity:	Activity:	Activity:	
Date/Time:	Date/Time:	Date/Time:	Date/Time:	Date/Time:	

WEEK 2

Cardio	Strength Training	Yoga/ Stretching	Mindfulness/ Self-Care	Nutrition	Staff Signature
Activity:	Activity:	Activity:	Activity:	Activity:	
Date/Time:	Date/Time:	Date/Time:	Date/Time:	Date/Time:	

WEEK 3

Cardio	Strength Training	Yoga/ Stretching	Mindfulness/ Self-Care	Nutrition	Staff Signature
Activity:	Activity:	Activity:	Activity:	Activity:	
Date/Time:	Date/Time:	Date/Time:	Date/Time:	Date/Time:	

WEEK 4

Cardio	Strength Training	Yoga/ Stretching	Mindfulness/ Self-Care	Nutrition	Staff Signature
Activity:	Activity:	Activity:	Activity:	Activity:	
Date/Time:	Date/Time:	Date/Time:	Date/Time:	Date/Time:	