**Emails for 30 Day Challenges**

***30 day squat challenge***

Are you ready for this 30-day squat challenge? *“Why would anyone want to do squats for 30 days?”* you may ask yourself. Squats are one of the most effective exercises for developing *total body* strength. This means it does more than just strengthen your legs, but it strengthens your core (the muscles in your abdomen and lower back used to hold and balance your body), strengthens joints (decreasing your chances of injury and falls), and maintains your balance as you age.

Instructions: You will be given a tracking sheet, which outlines how many squats you need to complete, proper form, and the day. Mark down the number of squats you completed in the designated blank space. Good luck and happy squatting!

***30 day pushup challenge***

Don’t have time for the gym? Then this 30-day push up challenge is no excuse! Pushups do great wonders to condition your upper body, specifically your pectoralis major (chest), anterior deltoids (shoulders), triceps (back of your arms), and even your core (abdominals and lower back). As a bonus, pushups can increase your metabolic rate (contributing to weight loss) and help with your heart health since your heart has to pump blood to more than one muscle group at once.

Instructions: You will be given a tracking sheet, which outlines how many pushups you need to complete, proper form, and the day. Mark down the number of pushups you completed in the designated blank space. Grab a friend or family member to try it with you for some friendly competition!

***30 day plank challenge***

You’ve all seen it, but can you actually do it – the plank challenge. Planks strengthen your rectus abdominis (outer abdominal muscles), transverse abdominis (inner abdominal muscles), upper body and lower body muscles. It can help increase flexibility in your posterior (back) muscle groups because the shoulder girdle expands and stretches the shoulder, collarbone and shoulder blades as you hold your body up.

Instructions: You will be given a tracking sheet, which outlines how long you need to hold the plank, proper form, and the day. Mark down how long you held the plank in the designated blank space. Happy planking!