



25 DAYS OF FITNESS

Name: _____

Phone: _____

Email: _____

The Greater Green Bay YMCA is bringing back 25 Days of Fitness! Keep this holiday season fun, active, and spirited with our fitness calendar. Complete your calendar, drop it off at any center by noon on December 30, and you will be entered into a drawing for a holiday gift!

EAST SIDE YMCA | Kayla Faltynski
WEST SIDE YMCA | Kim Elsing

BROADVIEW YMCA | Collin Gaie
FERGUSON FAMILY YMCA | Andy Bischoff

1 

Do a plank with good form & record how long you held it

2 

Perform a random act of kindness today

3 

EAT 4 SERVINGS OF VEGGIES

4 

Perform: 25 min. of stretching

5 

Go for a 60-minute walk or run

6 

PLAN YOUR MEALS FOR THE WEEK

7 

Take 15-20 uninterrupted minutes for yourself

8 

Do a plank for 5 seconds longer than on 12/1

9 

Plan a group workout

10 

Find a new recipe online and make it

11 

Try a new piece of workout equipment

12 

Track your water consumption (write it down)

13 

Perform 3x: 3 min cardio 3 min strength 3 min core

14 

WALK FOR 30 MINUTES

15 

Do a plank for 10 seconds longer than on 12/1

16 

Set a SMART goal for 2021

17 

WORKOUT WITH A FRIEND

18 

Make a healthy dinner at home for your family

19 

Don't sit longer than 30 minutes

20 

DON'T SET AN ALARM

21 

Try a new route for your walk or run

22 

Do a plank for 15 seconds longer than on 12/1

23 

Log off early and practice positive affirmations

24 

MAKE A HEALTHY HOLIDAY DESSERT

25 

Let your body rest Merry Christmas!