

April Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



The Heavy Metal Challenge invites you to do 250 minutes of strength training during the next 30 days. You can reach your goal with only two or three 30-minute strength training sessions per week. If you'd like to train more often, be sure to alternate muscle groups to give your muscles time to recover. Most people think that strength training requires lifting heavy weights, but body weight exercises like push-ups, pull-ups, sit-ups, or squats build strength, too. That means there's no need to purchase weights or a gym membership to complete this challenge. You can research strength training sets and sequences online to design your own routine or you can work with a certified trainer to design a routine that is best for you. Variety is important.

Strength training is your ticket to good health and overall fitness. It will give you better coordination, improved posture, and stronger bones. As the body ages it loses muscle mass and gains fat. Strength training combats both. Best of all, strength training pumps you up. There's nothing like the feeling after a good strength training workout. Give it a try and see if you like it.