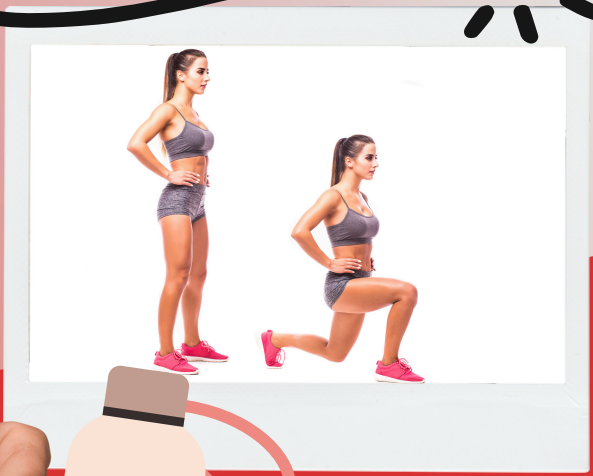
Everyday Physical Activity

30 Challenge





All you need

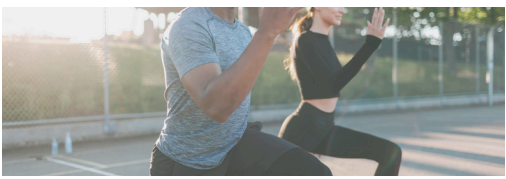


We are all aware of the numerous benefits of physical activity, but most of us still aren't getting enough of it.
That's why the goal of this 30-day challenge is to get you to get up and incorporate some form of physical activity every day!

Medical Disclaimer

The information in this program, including but not limited to text, pictures, and other material, is provided solely for educational and informational purposes. The content in this article isn't intended to replace any professional medical advice, diagnosis, or treatment. Always seek the opinion of your physician or another trained health care practitioner regarding any questions you may have about a medical condition or treatment, and never disregard professional medical advice or delay in getting it because of something you read in this program.





What Are the Benefits?

Samitz et al. and Warburton et al. both showed a reduction in mortality of 31% to 35% in people who participate in everyday physical activity compared to inactive people.
As a 40% reduction in mortality equals a 5-year higher life expectancy, the study's findings would equate to 3.9 to 4.4 years of increased life span.
Samitz also found that vigorous physical activity gives us a greater reduction in mortality than moderate activity.

Nusselder and his colleagues found that even though your life expectancy increases, the years you gain are also disability-free. Meaning you won't depend on anyone for assistance in your old days. Of course, this doesn't take into consideration unfortunate events, such as car accidents.

Regular physical activity lowers your blood pressure, risk of diabetes, cancer, and cardiovascular and lung disease while improving your body mass index and quality of life. It also boosts your memory, reduces joint pain, decreases the number of bone fractures, enhances sleep quality, and much, much more.

THE 30-DAY CHALLENGE

We have prepared a 30-day challenge for you consisting of strength training, walking, running, and stretching.
The workouts won't be overwhelming for most people, but you can lower the intensity if you notice it's too hard for you.

You can obviously start at a higher intensity if you're already in good shape. The challenge template can be used as an inspiration in structuring your more advanced activities.

We will gradually increase the intensity during the duration of the challenge, with a few deload days in the middle. The deload is important in order not to burn out since an entire month of being physically active is both physically and mentally taxing.

To keep the strength session accessible to the most number of people, you will only need water bottles for equipment. However, you can obviously use dumbbells, kettlebells, or any other types of resistance if you have access to them.

Most of the workouts will be pretty quick, but if you don't have enough time to complete everything that's prescribed during this challenge, we encourage you to do as much as your schedule allows you.
Low amounts of activity are much better than no activity at all.

STRENGTH WORKOUT GUIDELINES

The strength sessions will be full-body, upper body, and lower body variants during the challenge.
You should try getting pretty close to failure on most exercises because you'll maximize muscle growth that way.

Complete all sets of a given exercise, and then move on to the next one. The pauses in between sets and exercises should be 60 to 90 seconds long.
You can do the pushups on your knees if the regular ones are too hard.





Exercises you should use water bottles for:

- Overhead Press
- Reverse Flys
- Lateral Raise
- Biceps Curl

Exercises you can make harder with water bottles:

- Squats/Sumo Squats
- Reverse Lunge
- Russian Twist
- Calf Raises



WALKING AND JOGGING GUIDELINES

When it comes to the days designated for long walks, you have two options. You can either take one long walk that totals the given number of steps or accumulate the higher goal throughout the day.

Even though not every day is a “walk day” in the program, we encourage you to walk as much as you can on a daily basis. This will improve your health in the long run and increase your NEAT (non-exercise activity thermogenesis, or calories burned while not working out, sleeping, or eating.)

Make sure you take it easy on the jogging days if you aren’t used to running.
The tempo should be comfortable for you, although you can increase the intensity or duration if you have experience running.
You can also break down the jogging sessions into smaller sets. For example, splitting the 12-minute run into 3 sets of 4 minutes, 4 sets of 3 minutes, 6 sets of 2 minutes, or even 12 sets of 1 minute if needed.

The rest times between sets should be approximately equal to the time you're running. For example, you can do a 3-minute set, followed by a 3-minute rest before starting the next set. If you’re fit enough, you can lower the rest intervals.

MOBILITY AND STRETCHING GUIDELINES



This portion is straightforward, as you just need to execute the stretches one at a time for the given time.

You can do the stretches at any part of the day, with stretching before bed probably being the best.

1	2	3	4	5	6	7
Full-Body Strength	Walking	Full-Body Strength	Walking	Full-Body Strength	Walking	Mobility
Squats 2 sets of 10 reps	Go on a walk and take at least 1500 steps. You can skip the walk if you total at least 8000 steps today.	Squats 2 sets of 10 reps	Go on a walk and take at least 1700 steps. You can skip the walk if you total at least 8000 steps today.	Sumo Squat 2 sets of 12 reps	Go on a walk and take at least 2000 steps. You can skip the walk if you total at least 8000 steps today.	Couch Stretch 30 second hold Standing Hamstring Stretch 30 second hold Door Stretch 30 second hold Open Book Stretch 30 second hold Calf Stretch 30 second hold
Hip Thrust 2 sets of 10 reps		Hip Thrust 2 sets of 10 reps		Hip Thrust 2 sets of 12 reps		
OHP 2 sets of 10 reps		Pushup 2 sets of 10 reps		OHP 2 sets of 12 reps		
Reverse Flyes 2 sets of 10 reps		Reverse Flyes 2 sets of 10 reps		Lateral Raises 2 sets of 12 reps		
Plank 2 sets of 30 seconds		Mountain Climbers 2 sets of 20 seconds		Plank 2 sets of 30 seconds		

8	9	10	11	12	13	14
Full-Body Strength	Walking	Full-Body Strength	Jogging	Full Body Deload	Walking	Mobility
Reverse Lunge 3 sets of 10 reps	Go on a walk and take at least 2200 steps. You can skip the walk if you total at least 10k steps today.	Side Lunge 3 sets of 12 reps	Jog for 12 minutes at a comfortable pace.	Reverse Lunge 2 sets of 10 reps	Go on a walk and take at least 2500 steps. You can skip the walk if you total at least 10k steps today.	Couch Stretch 30 second hold Standing Hamstring Stretch 30 second hold Door Stretch 30 second hold Open Book Stretch 30 second hold Calf Stretch 30 second hold
Hip Thrust 3 sets of 10 reps		Hip Thrust 3 sets of 12 reps		Hip Thrust 2 sets of 10 reps		
OHP 3 sets of 10 reps		Pushup 3 sets of 12 reps		Pushup 2 sets of 10 reps		
Reverse Flyes 3 sets of 10 reps		Lateral Raise 3 sets of 12 reps		Plank 2 sets of 30 seconds		
Russian Twist 3 sets of 30 seconds		Mountain Climbers 3 sets of 20 seconds				

15	16	17	18	19	20	21
Lower Body	Upper Body	Jogging	Lower Body	Upper Body	Jogging	Mobility & Walking
Reverse Lunge2 sets of 10 reps	Pushup2 sets of 10 reps	Jog for 12 minutes at a comfortable pace.	Squats2 sets of 12 reps	Pushup2 sets of 12 reps	Jog for 10 minutes at a comfortable pace.	Couch Stretch40 second holdStanding Hamstring Stretch40 second holdDoor Stretch40 second holdOpen Book Stretch40 second holdCalf Stretch40 second holdWalk at least 10k total steps today or go on a 2500 step walk.
Single Leg Hip Thrust2 sets of 10 reps	Reverse Flyes2 sets of 10 reps		Hip Thrust2 sets of 12 reps	Lateral Raise2 sets of 12 reps		
Calf Raise2 sets of 10 reps	Superman2 sets of 10 reps		Tibialis Wall Raise2 sets of 12 reps	Superman2 sets of 12 reps		
Donkey Kick2 sets of 10 reps	Overhead Press2 sets of 10 reps		Donkey Kick2 sets of 12 reps	Overhead Press2 sets of 12 reps		
Plank2 sets of 35 seconds	Biceps Curl2 sets of 30 seconds		Plank2 sets of 30 seconds	Biceps Curl2 sets of 35 seconds		

22	23	24	25	26	27	28
Lower Body	Upper Body	Jogging	Lower Body	Upper Body	Mobility & Walking	Upper Body
Reverse Lunge3 sets of 10 reps	Pushup3 sets of 10 reps	Jog for 12 minutes at a comfortable pace.	Squats3 sets of 12 reps	Pushup3 sets of 12 reps	Couch Stretch40 second holdStanding Hamstring Stretch40 second holdDoor Stretch40 second holdOpen Book Stretch40 second holdCalf Stretch40 second holdWalk at least 10k total steps today or go on a 2500 step walk.	Pushup3 sets of 12 reps
Single Leg Hip Thrust3 sets of 10 reps	Reverse Flyes3 sets of 10 reps		Single Leg Hip Thrust3 sets of 12 reps	Lateral Raise 3 sets of 12 reps		Reverse Flyes3 sets of 12 reps
Calf Raise3 sets of 10 reps	Superman3 sets of 10 reps		Tibialis Wall Raise3 sets of 12 reps	Superman3 sets of 12 reps		Superman3 sets of 12 reps
Donkey Kick3 sets of 10 reps	Overhead Press3 sets of 10 reps		Donkey Kick3 sets of 12 reps	Overhead Press3 sets of 12 reps		Biceps Curl3 sets of 12 reps
Mountain Climbers3 sets of 35 seconds	Biceps Curl3 sets of 10 reps		Russian Twist3 sets of 35 seconds	Biceps Curl3 sets of 12 reps		Mountain Climbers3 sets of 35 seconds

29	30
Jogging	Full Body
Jog for 12 minutes at a comfortable pace.	Reverse Lunge 3 sets of 12 reps
	Hip Thrust 3 sets of 12 reps
	OHP 3 sets of 12 reps
	Reverse Flyes 3 sets of 12 reps
	Plank 1 set of 1 minute

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