Tip 5: 12 Days of Moving More

One of the goals of this challenge is to move more and stay active. During this busy time of year, it can be easy to let other activities take priority over exercising. However, we are here to remind you that being active can not only improve your health but can also improve your mood and reduce stress. This week's tip is to make exercise a priority and try one new exercise a day. To help you do this, try the 12 Days of Moving More Challenge with a different exercise for 12 days. Hopefully, this will inspire you to start exercising regularly, or maybe it will be a chance to try some different exercises to include in your current exercise routine. Click on the links to see descriptions and pictures of each exercise.

Day 1: Plank
Using a mat or blanket, start by laying on the stomach. Position arms with elbows bent at a 90-degree angle. Lift up while weight is supported by the forearms and toes. Ensure the back, neck, and buttocks are in a straight line and the core is tightened. Hold for 15-20 seconds. Repeat 3 times.

Day 2: Squats
Start with feet wider than shoulder-width and toes pointed forward. Lower body and slightly bend hips and knees, ensuring back is upright. Straighten legs and return to starting position. Don’t let the knee bend past 90 degrees. Repeat 10 times.

Day 3: Wall Push-Ups
Begin facing the wall, as arms are outstretched with hands on the wall, feet slightly apart, and legs straight. Bend elbows to lower head and chest toward the wall coming as close to the wall as you can. Straighten arms and return to the starting position. Repeat 10 times.

Day 4: Jumping Jacks
Start with feet together and arms extended by sides. In one motion, bring arms together above the head and spread feet wide apart. Return to starting position. Repeat 10-15 times.

Day 5: Step-Ups
Stand in front of a bench, step, or stair with feet hip-distance apart. Step up to the center of the stair with the right leg while the left leg remains behind you. Then, bend the right knee and lower left leg back onto the floor with the right foot to follow. Repeat 10-15 times each side.
Day 6: **Forward Lunges**

Start in a standing position, inhale, and step forward with one leg. Lower body to 90 degrees at both knees. Keep back upright and don’t extend your knee over toes. Repeat 5-10 times each side.

Day 7: **Triceps Dips**

With both hands on the edge of a sturdy chair, place feet on the floor in front of you and bend knees. Slowly bend elbows about 90 degrees, lowering hips towards the floor. Return with elbows straight. Repeat 10 times.

Day 8: **Lying Abduction**

Start by laying on your left side, knees together, and head resting on your left hand. Lift the right leg to make a 45-degree angle with the ground and hold for a few seconds. Return leg to starting position. Repeat 10-15 times on each side.

Day 9: **Calf Raises with Wall**

Stand with feet shoulder-width apart and hands against the wall. Lift up and balance on the balls of your feet and hold for a few seconds. Return to starting position. Repeat 10-20 times.

Day 10: **Seated Leg Extensions**

Sit in a chair with feet flat on the floor. While the left foot is planted, extend the right leg until straight. Lower foot back to starting position. Repeat 15-20 times each side.

Day 11: **Biceps Hold with Towel**

Twist a towel so that it is in a long straight line. With your right foot, step on one end of the towel. Hold the other end in the right hand and curl your right hand towards your chest. Continue until a 90-degree angle has been reached and resistance is felt. Hold for 30 seconds. Switch sides and repeat 10 times.

Day 12: **Stretch**

Try these stretches which take less than 7 minutes to complete.