



May 2022 25 Days to a Healthier, Happier You!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Your Daily Workout SilverSneakers Classic 11:00 am TODAY'S CHALLENGE Complete 12 laps	3 Your Daily Workout Aqua Fitness Class 10:00 am TODAY'S CHALLENGE Swim 5 laps	4 Your Daily Workout SilverSneakers Circuit 10:00 am TODAY'S CHALLENGE Bring a friend to class	5 Your Daily Workout SilverSneakers Yoga 11:00 am TODAY'S CHALLENGE Test your balance	6 Your Daily Workout Silver Cycle 11:00 am TODAY'S CHALLENGE STAMINA	7 TODAY'S CHALLENGE Download the SilverSneakers GO App
	8 TODAY'S CHALLENGE Prepare a healthy meal	9 Your Daily Workout 22 – min BOOM Move TODAY'S CHALLENGE 10 push-ups	10 Your Daily Workout SilverSneakers Strength 11:00 am TODAY'S CHALLENGE 20 sec plank	11 Your Daily Workout SilverSneakers Circuit 11:00 am TODAY'S CHALLENGE Sleep 8 hours	12 Your Daily Workout Aqua Fitness Class 10:00 am TODAY'S CHALLENGE Try something new!	13 Your Daily Workout Gym Machine Workout TODAY'S CHALLENGE Stretch for 10 min
15 TODAY'S CHALLENGE Drink 8 glasses of water	16 Your Daily Workout SilverSneakers Classic 11:00 am TODAY'S CHALLENGE Complete 12 laps	17 Your Daily Workout 24 – min BOOM Muscle TODAY'S CHALLENGE 25 AB crunches	18 Your Daily Workout 2 Mile Treadmill Walk TODAY'S CHALLENGE 10 push-ups	19 Your Daily Workout SilverSneakers Yoga 11:00 am TODAY'S CHALLENGE Test your balance	20 Your Daily Workout Silver Cycle 11:00 am TODAY'S CHALLENGE STAMINA	21 Your Daily Workout 30 – min Outdoor Walk TODAY'S CHALLENGE Sleep 8 hours
22 TODAY'S CHALLENGE No sweets!	23 Your Daily Workout Gym Machine Workout TODAY'S CHALLENGE Stretch for 10 min	24 Your Daily Workout SilverSneakers Strength 11:00 am TODAY'S CHALLENGE Heavier dumbbells	25 Your Daily Workout SilverSneakers Circuit 11:00 am TODAY'S CHALLENGE Bring a friend to class	26 Your Daily Workout 22 – min BOOM Move TODAY'S CHALLENGE 20 sec plank	SilverSneakers Luncheon May 31 12:00 pm	

SilverSneakers is a health and fitness program designed for adults 65+ and is included with many Medicare Plans. Check your eligibility, find locations, and access more resources for a healthy living at silversneakers.com

