Regular exercise is such a vital part of staying healthy. This month’s challenge is all about getting active and in shape one day at a time.

For three weeks during the month of March, follow the March Mania bracket doing two exercises each day (cardio and strength training) for a total of 15 days of fitness (5 days a week). If you do all 30 exercises by March 31st, you will have successfully completed the challenge and may earn 25 points toward your HealthyMe Incentive. To receive your points, mark as completed on your HealthyMe tracking page.
Jog or walk at a brisk pace for at least 20 minutes or more.

Climb up 8 stair cases or more.

Choose your favorite type of cardio work out and do it for at least 20 minutes or more. Some ideas are swimming, cycling, aerobics, jogging or using an elliptical machine.

Do a mini workout variation of squats, lunges, or other workout that helps to strengthen your legs.

Do a mini core workout that activates your abdominal muscles and increases their strength. You could do planks, sit-ups, cherry-pickers, or any ab exercise that works for you.

Time to tone those arms with a mini arm workout. You can do any arm exercise such as push-ups, tricep dips, or exercises using free weights, strengthening machines or soup cans.

Visit this link for some great exercises to follow for your Strength Training Workouts.
https://wellness.byu.edu/mhContent/156