

# Tri-Fitness Challenge

The national recommendation for physical activity for adults is at least 150 minutes a week of moderate-intensity aerobic activity to see substantial health benefits. Keep in mind the key is to be as active as possible; the more active you can be, the more you will benefit. Physical activity is one of the best ways to help improve your overall physical and mental health.



## Physical health benefits

- Reduces blood pressure
- Lowers risks of heart disease and stroke
- Helps regulate body weight and reduce body fat
- Improves bone health
- Increases strength, power, and endurance
- Improves balance, coordination, and range of motion
- Reduces risks of falls
- Lowers the risks of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

## Mental health benefits

- Improves sleep quality
- Improves attention and memory
- Reduces feelings of anxiety
- Reduces risks of developing dementia (including Alzheimer’s disease)
- Reduces risk of depression
- Increases self-esteem, self-efficacy, and energy

**To participate:** Select an activity level below and work toward completing that level’s corresponding weekly activity goals. Select the same activity level for aerobic, strength, and flexibility. You can select a different activity level from week to week.

Activity Levels	Aerobic	Strength	Flexibility
<b>Olympic</b> (Beginner)	90 minutes	20 minutes	10 minutes
<b>Half-Ironman</b> (Intermediate)	150 minutes	30 minutes	20 minutes
<b>Ironman</b> (Advanced)	300 minutes	40 minutes	30 minutes

**To complete:** You must log your daily minutes of activity in the [Living Healthy Portal](#) for 14 of 21 days. You may use the trackers on the next page to monitor your weekly progress to see if you have met your goal. Remember, you have the entire week to reach your activity-minute goals.

## Trackers:

My goal activity level for week 1: \_\_\_\_\_

Week 1	Aerobic	Strength	Flexibility	Daily Total
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
			Total Minutes	

My goal activity level for week 2: \_\_\_\_\_

Week 2	Aerobic	Strength	Flexibility	Daily Total
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
			Total Minutes	

My goal activity level for week 3: \_\_\_\_\_

Week 3	Aerobic	Strength	Flexibility	Daily Total
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
			Total Minutes	

## Tips and examples of activities:

Aerobic	Strength	Flexibility
<p><b>Aerobic:</b> Activities that increase heart rate and breathing.</p> <p><b>Tips for your aerobic activities</b></p> <ul style="list-style-type: none"> <li>You don't need to get all your exercise in at one time. Ten minutes morning, noon, and night can give much of the same benefit as 30 minutes all at once.</li> <li>Studies have shown having a workout partner helps to keep you more accountable.</li> <li>Studies suggest listening to your favorite music can help you forget your exertion, helping to motivate you to continue. A good beat can also increase your pace and effort.</li> </ul>	<p><b>Strength:</b> Any movements against some form of resistance.</p> <p><b>Tips for strength activities</b></p> <ul style="list-style-type: none"> <li>Start with a weight you can lift comfortably 12 to 15 times. Once you can do more than 15 consistently, increase the weight or resistance accordingly.</li> <li>Don't go too fast. Slow and controlled movements are best.</li> <li>Be sure you work all muscle groups, including chest, back, shoulders, legs, arms, abs, hips, and lower back. Overlooking any area can cause posture problems and muscle imbalances.</li> <li>Strength training boosts your metabolism, so you burn more calories even when resting.</li> <li>Don't hold your breath! Breathe out as you lift the weight and in as you lower.</li> </ul>	<p><b>Flexibility:</b> Activities that stretch and lengthen muscles to help to achieve a full range of motion.</p> <p><b>Tips for better flexibility</b></p> <ul style="list-style-type: none"> <li>Major muscle groups benefit from stretching. Focus on shoulders and neck, calves and thighs, hips, and lower back.</li> <li>Stretch evenly on both sides.</li> <li>Hold stretches for about 30 seconds.</li> <li>Don't bounce while stretching.</li> <li>Remember to breathe. Exhale while going into the stretch then, hold the stretch as you continue to breathe normally.</li> </ul>
<p><b>Remember to stay well hydrated for ALL activities!</b>  <b>Note some activities below may fall into all three categories.</b></p>		
<a href="#">Yoga</a> or Pilates	Free weights or resistance band	<a href="#">Lower Back Stretches</a>
<a href="#">Seven-Minute Workout</a>	Push-ups, pull-ups, and sit-ups	<a href="#">Guided Desk Stretches</a>
Walking, running, and hiking	Squats and lunges	<a href="#">Stretches (stretching guide)</a>
Cycling and rollerblading	Burpees	Calf stretches
Swimming and water aerobics	Mountain climbers	Lumbar rotation
Boot camp, HIIT, or workout with a personal trainer	Plank	Side bends
Elliptical trainer, stair climber, or Stairclimbing instead of the elevator	Row or rowing machine	Cat and Camel
Dance or jazzercise	Leg raises	Tricep stretches
Martial arts	Single-leg to hip raises	Shoulder stretches
<p>Check out some of Medica Health Plan webinars linked below to help you along the way:</p> <ul style="list-style-type: none"> <li><a href="#">Health and Fitness Videos</a></li> <li><a href="#">Flexibility and Balance</a></li> <li><a href="#">Kickstart Your Cardio</a></li> <li><a href="#">Strength Training</a></li> </ul>		