

# 2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

SEPTEMBER  
2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!



## TRACK STRENGTH TRAINING INCLUDED IN YOUR WEEK

**Goal: Increase total minutes or the  
weight used as you get stronger**



"You have to push  
past your perceived  
limits, push past  
that point you  
thought was as far  
as you can go."  
-Drew Brees

Strength training is an important part of an overall fitness program. Muscle-strengthening activities like lifting weights can help you increase or maintain your muscle mass and strength. You can do strength training with free weights such as barbells and dumbbells, weight machines, or with no equipment at all. Slowly increasing the amount of weight and number of repetitions you do as part of muscle-strengthening activities will give you a multitude of health benefits, including:

- Better Cardiovascular Health
- Controlled Blood Sugar Levels
- Reduced Cancer Risk
- Lowered Injury Risks
- Strengthened Mental Health
- Improved Flexibility, Balance, and Mobility
- Elevated Body Image
- Boosted Brain Health
- Stronger Bones

# SEPTEMBER RESOURCES

17 MIN STRENGTH  
TRAINING WORKOUT  
FOR BEGINNERS



## 4-Week Progressive Bodyweight Workout Guide

With this progressive workout guide, the exercises stay the same but your timing, focus and the overall workout are entirely different every week.

## Weight training: Do's and don'ts of proper technique

Effective weight training depends on proper technique. Check out these do's and don'ts to maximize your weight training program.



Remember to submit your training log by October 1 to be entered to win this month's prize!

SUBMIT YOUR  
LOG HERE