

# PittCo Living Well

## July Wellness Challenge

Remember to keep track of your reps each day and enter them on your Living Well Tracking Sheet!



The 1,000 Strong Challenge invites you to complete 1,000 reps of one strength exercise over 30 days (an average of 33 reps per day). There's no need for a gym membership to reach this goal. You can strength train at home or even at the office using exercises like push-ups, squats, lunges, and planks. Try doing several reps each time you take a bathroom break or a few every time you get a drink. Without even breaking a sweat, you'll easily get your 33 reps in each day and you'll sharpen your thinking by getting your blood pumping. To get the most out of this challenge, pick an exercise that requires some effort to get to that 1,000 mark.

Strength training is a great way to increase metabolism and boost energy during the day and help you sleep better at night. When you take the time to build strength, especially as you grow older, you'll see that it's not just about looking better. Strength training combats the natural decline in muscle mass and bone density as you age. It even helps you manage the stress in your life. The 1,000 Strong Challenge is a baby step to better health. Maybe you'll enjoy strength training enough to keep going after the challenge!