

# 2022 Workout Warrior Schedule



Workout Warrior is a monthly email-based physical activity challenge that's moderated by PEHP Wellness staff. Enroll at [pehp.org](http://pehp.org) to receive weekly motivational email messages, then track and report your activity each month to be entered for a chance to win one of several Gift Cards\*.

Date	Title
<b>Jan. 1-31</b>	<b>Keep it Simple</b> Don't get overwhelmed by a complex fitness program – just keep it simple! A simple exercise program including aerobic exercise, strength training and flexibility can yield tremendous benefits.
<b>Feb. 1-28</b>	<b>Cross Train</b> Mix it up by using a variety of forms of exercise to help prevent injury, increase fitness and avoid burnout. Alternating your workout routines will increase your performance and overall fitness without over stressing your body.
<b>March 1-31</b>	<b>Turn Back the Clock</b> Regular physical activity can help improve your overall health, fitness, and quality of life. But regular exercise can also help counteract the risk for age-related chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety.
<b>April 1-30</b>	<b>Express Workouts</b> Don't have the time to be active? Quick, high-intensity workouts can help you reach your fitness goals when you are short on time and provide a lot of variety to your current exercise routine.
<b>May 1-31</b>	<b>Stronger Bones &amp; Muscles</b> Strengthen your muscles and bones throughout your life to help reduce your risk of osteoporosis later in life.
<b>June 1-30</b>	<b>Summer Fitness</b> Summer is the perfect time to go outside and have some fun. Get ideas on how to exercise safely in the hot weather and how to stay active all summer long.

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<b>July 1-31</b>	<b>Upright and Steady</b> Good balance tends to get worse as we get older and is a key element of fitness that is often overlooked. Improve your balance by incorporating some new exercises into your daily routine.
<b>Aug. 1-30</b>	<b>Lose the Gym</b> You don't have to go to the gym to get a good workout. Join us this month for workout routines that you can do virtually anywhere and at any time.
<b>Sept. 1-30</b>	<b>Cognitive Care</b> A healthy body can contribute to a healthy mind so stay sharp by moving! Staying active each month can help improve cognitive functioning now and in the future.
<b>Oct. 1-31</b>	<b>Mindful Movement</b> Exercise is often associated with hard work and sweat, but it can be relaxing. Learn how you can get an effective workout while calming your mind and relieving stress.
<b>Nov. 1-30</b>	<b>Sit Less, Move More</b> Sitting at a desk for 8-10 hours a day is taking its toll on our bodies. Increase movement at your desk to help prevent some of the negative consequences of sitting so much each day.
<b>Dec. 1-31</b>	<b>Exercise Right &amp; Sleep Tight</b> Like nutrition and exercise, sleep is an essential component of a healthy lifestyle. Regular exercise may help you sleep better each night and stay asleep longer.

***Note:** Some exercises may not be safe for certain people, including those who are early post-partum or pregnant, have elevated blood pressure, or musculoskeletal problems. Consult with your physician if you have any question if any suggested exercise can be a safe and effective part of your personal exercise routine.*

\*URS/PEHP employees are not eligible to receive prizes.

If you have questions, email the moderator of this challenge at [wellnesschallenges@pehp.org](mailto:wellnesschallenges@pehp.org)