

2020 Workout Warrior Schedule

Workout Warrior is a monthly email-based physical activity challenge that's moderated by PEHP Wellness staff. Enroll at pehp.org to receive weekly motivational email messages, then track and report your activity each month to be entered to win an egift card*.



Date	Title
Jan. 1-31	20 Minutes for 2020 Start off 2020 with 20 minutes of daily exercise! Just 20 minutes most days of the week can improve your mental and physical health.
Feb. 1-29	Physical Activity for Heart Health Heart disease is the number one cause of death in America. Learn the best kinds of physical activity to protect and strengthen your heart.
March 1-31	March Madness March your way into motivating your co-workers! Get in the competitive spirit at your workplace with weekly physical activity challenges.
April 1-30	Flex Your Stretch Have tight muscles from sitting all day? Learn the best stretches to feel more relaxed and limber.
May 1-31	Mindful Movement Many of us tend to live in the future or in the past. Learn strategies to increase your daily awareness and activity by being in the moment.
June 1-30	Powerful Planks Have back pain? Planks are a great way to relieve back pain while building strength and toning your core.

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July 1-31	Carry the Torch 2020 July is the time for the summer Olympics to begin! Be inspired by the Olympians in Tokyo and continue to be active doing something you love or trying something new.
Aug. 1-31	Cognitive Care Healthy body, healthy mind. Learn how physical activity can improve cognitive functioning and overall longevity.
Sept. 1-30	Lose the Gym Oftentimes, when we think of exercise we think of the gym. Join us this month for workout routines that you can do virtually anywhere.
Oct. 1-31	Happy Hiking October is a time of cooler weather and fall colors. Find extra motivation for being more active in the great outdoors and enjoying all it has to offer!
Nov. 1-30	Fitness and Diabetes Prevention Shrink your risk of developing diabetes. We will provide tips on regulating blood sugar through physical activity and diet.
Dec. 1-31	Beat Holiday Stress The holidays are a great time of year but can be stressful. Join us to participate in activities that will relieve stress and leave you feeling rejuvenated.

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