

PWS On The Move May Awareness Fitness Challenge 2020

Come join us for a fun month of fitness for the entire family.

Check off the days walked on this calendar for a chance to win a **PWS AWARENESS SHIRT!**

After walking 7, 14, 21, 28, and 31 days, show off your accomplishments and spread **AWARENESS** by adding our Facebook frames to your profile pic.

As an extra bonus, we've included some great tips and additional challenges on the calendar to keep you moving. **Comment** on our **Facebook posts** and **demonstration videos** throughout the month on how you're doing! It's going to be tons of FUN!

Let's see your chalk on **PWS Fact Fridays!** Spread awareness by writing out PWS Facts on your sidewalk or driveway with sidewalk chalk! Show us your chalk on Facebook!

Keep checking our **Facebook page** and our **website** this month for more things we have in store.

Let's have fun getting **FIT TOGETHER!**

Start-Up SUNDAY	Mark-It MONDAY	Total Kindness TUESDAY	Walking WEDNESDAY	Try It THURSDAY	Chalk-It PWS Fact FRIDAY	Stretching SATURDAY
<p>Walking is one of the simplest ways to get active and stay active. With each step you take, you travel further down the path to a healthier lifestyle. Research has shown that walking can have a significant impact on your health by lowering your blood pressure and blood sugar and reducing the risk of heart disease.</p> <p>Most adults should try for at least 150 minutes (2.5 hours) a week of moderate intensity activity. 30 minutes of brisk walking on at least five days a week is one way to meet this goal. But what if you're so tight on time that you can't spare a half hour every day? Then get creative and break up your activity into shorter sessions.</p>						<p><input type="checkbox"/> I WALKED FOR PWS! 1</p> <p>PWS is 1 of the 10 most common conditions seen in genetic clinics, and is the most common genetic cause of childhood obesity.</p> <p>Lower Back Stretch: Lie down, hug knees into chest, breathe deeply.</p>
<p><input type="checkbox"/> I WALKED FOR PWS! 3</p> <p>Set your goals for this month. See how many days you can walk and how many challenges you can complete.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 4</p> <p>Walk in place during commercial breaks. How many breaks did you walk during?</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 5</p> <p>Give a compliment to someone today.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 6</p> <p>Walk 5 minutes slow Walk 6 minutes brisk</p> <p>Repeat twice 22 minutes total</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 7</p> <p>ARM CHALLENGE: 15 bicep curls 15 tricep kickbacks 15 side raises 15 push-ups Repeat 2 times</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 8</p> <p>PWS is a spectrum disorder, meaning PWS is not a 1-size-fits-all diagnosis and every person with PWS has his or her own unique abilities and challenges.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 9</p> <p>Seated Forward Fold: Sit with legs extended and reach toward your toes.</p>
<p><input type="checkbox"/> I WALKED FOR PWS! 10</p> <p>Make each week less stressful by meal planning/prepping on the weekends.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 11</p> <p>Dance party time!! How many songs did you dance to?</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 12</p> <p>Leave a positive note for someone to find.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 13</p> <p>Walk 5 minutes slow Walk 8 minutes brisk</p> <p>Repeat twice 26 minutes total</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 14</p> <p>CARDIO CHALLENGE: 30 seconds run in place 30 jumping jacks 30 butt kicks 30 seconds walk in place Repeat 3 times</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 15</p> <p>Hyperphagia, or excessive appetite, is a hallmark trait of PWS. Hyperphagia is often the symptom most often associated with PWS, however, it is 1 of many.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 16</p> <p>Chest Opener: Raise arms to side, shoulder height and stretch arms backward, breathe deeply.</p>
<p><input type="checkbox"/> I WALKED FOR PWS! 17</p> <p>Prep fruits and veggies for this week's healthy grab-and-go-snacks.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 18</p> <p>How many hours of sleep did you get last night?</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 19</p> <p>Spread the word! Share a fact about PWS on social media.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 20</p> <p>Walk 5 minutes slow Walk 10 minutes brisk</p> <p>Repeat twice 30 minutes total</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 21</p> <p>CORE CHALLENGE: 20 crunches 20 leg lifts 20 second plank Repeat 2 times</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 22</p> <p>Individuals with PWS have a much slower metabolism than the average person...up to 90 times slower!!</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 23</p> <p>Standing Quad Stretch: Grab your ankle, pull it toward your butt, with knees close together.</p>
<p><input type="checkbox"/> I WALKED FOR PWS! 24</p> <p>Mark a bottle by ounces to help you reach your personal water goals each day.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 25</p> <p>How many ounces of water did you drink today?</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 26</p> <p>Send a thank you note to let someone know why you appreciate them.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 27</p> <p>Walk 5 minutes slow Walk 12 minutes brisk</p> <p>Repeat twice 34 minutes total</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 28</p> <p>LOWER BODY CHALLENGE: 15 squats 15 lunges 20 calf raises Repeat 2 times</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 29</p> <p>Skin picking is a common behavior seen in people with PWS. Intensity and duration vary from person to person.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 30</p> <p>Yoga Pose: Downward Dog.</p> 
<p><input type="checkbox"/> I WALKED FOR PWS! 31</p> <p>For a stress-free evening, use your slow cooker or Instant Pot to make your family's favorite healthy meal.</p>	<p style="text-align: center;">  WISCONSIN PRADER-WILLI SYNDROME ASSOCIATION (USA) SAVING AND TRANSFORMING LIVES </p>					<p>Connect with Us:</p> <p>Website: pwsaofwi.org Facebook: facebook.com/PWSAofWI Twitter: twitter.com/PWSAofWI Instagram: instagram.com/pwsaofwi/</p>