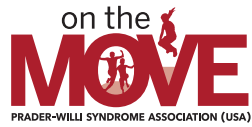


PWS On The Move May Awareness Fitness Challenge 2021



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 **PRIZES!**

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	Move-It MONDAY	Total Kindness TUESDAY	Wacky 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.</p>						<p><input type="checkbox"/> I WALKED FOR PWS! 1</p> <p>Cobra Pose: Lay down on your stomach and your chest bringing your arms back.</p> 
<p><input type="checkbox"/> I WALKED FOR PWS! 2</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! 3</p> <p>Challenge a friend or family member to a jumping jack race to 50 contest.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 4</p> <p>Do something helpful around the house like clean your room, take out the trash or fold laundry.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 5</p> <p>Pretend to hula hoop while saying the alphabet! Repeat two times.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 6</p> <p>CARD DECK FITNESS: Take turns—Flip the top card: Spades: Jumping Jacks Clubs: Squats Hearts: High Knees Diamonds: Front Kicks</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 7</p> <p>PWS is recognized as the most common genetic cause of life-threatening childhood obesity.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 8</p> <p>Puppy Pose: Hold for 1-3 minutes breathing deeper into the pose.</p> 
<p><input type="checkbox"/> I WALKED FOR PWS! 9</p> <p>Do things today to help prepare you for the week. Examples: Pack your bookbag, Pack your lunch, Pick out your clothes</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 10</p> <p>KICK CITY: 10 side kicks 10 front kicks 10 back kicks Repeat on other leg</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 11</p> <p>Go for a walk with a parent/guardian or friends and bring a plastic bag. Pick up paper or trash.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 12</p> <p>CRAZY 8's: 8 jumpin' jacks 8 silly shakes 8 high knees 8 fist pumps</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 13</p> <p>AB RIPPER: 15 side bends 15 leg lifts 15 bicycles Repeat two times</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 14</p> <p>Many individuals with Prader-Willi syndrome participate in speech, physical, and occupational therapies.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 15</p> <p>Seated Forward Bend Pose: Hold for 1-3 minutes breathing deeper into the pose.</p> 
<p><input type="checkbox"/> I WALKED FOR PWS! 16</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! 17</p> <p>JUMP CHALLENGE: Jump side-to-side over a line for 1 minute straight. Go again but jump front to back. Repeat two times.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 18</p> <p>Spread the word! Share a fact about PWS on social media.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 19</p> <p>Jog in place for 30 seconds in every room of your home.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 20</p> <p>SHOULDER SHREDDERS: 15 front raises 15 side raises 15 overhead presses Repeat two times</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 21</p> <p>Exercise is essential to weight management and overall health and wellness for individuals with Prader-Willi syndrome.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 22</p> <p>Hands & Knees Balance Pose: Hold for 30-60 seconds.</p> 
<p><input type="checkbox"/> I WALKED FOR PWS! 23</p> <p>Sleep is essential for good health; get a minimum of 7 hours each day.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 24</p> <p>Get an exercise DVD or find one on the internet and do it with family or friends.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 25</p> <p>Call (don't text) a friend or family member to check in on how they are doing.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 26</p> <p>Pick your favorite song and make up a dance or fitness routine!</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 27</p> <p>ARM BURNOUT: 20 arm circles 15 bicep curls 15 tricep kickbacks 10 forward punches Repeat two times</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 28</p> <p>Approximately one third of individuals with Prader-Willi syndrome have scoliosis</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 29</p> <p>Yogi Squat Pose: Hold for 30 seconds; rest and repeat.</p> 
<p><input type="checkbox"/> I WALKED FOR PWS! 30</p> <p>Continue challenging yourself! Create your own fitness calendar for JUNE.</p>	<p><input type="checkbox"/> I WALKED FOR PWS! 31</p> <p>Pick one of your favorite days and do it again!!</p>	 <p>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>