

## GET YOUR DAILY 30 WITH CAMPUS RECREATION

Try our 30-minute workout of the day to keep your body healthy and balanced! Please make sure you have plenty of space and stay hydrated throughout! Remember the goal is 30 minutes of exercise so vary rounds and workouts as necessary. Always perform at least a 5-10 minute warm-up and be sure to include 5-10 minutes of cool-down, breathing and stretching at the end of your workout.

MONDAY 6/29	TUESDAY 6/30	WEDNESDAY 7/1	THURSDAY 7/2	FRIDAY 7/3
<i>Mindful Monday</i>	<i>Tabata Tuesday</i>	<i>Wellbeing Wednesday</i>	<i>Throwback Thursday</i>	<i>Fun Friday</i>
<p>Go for a walk or jog in nature with no headphones for 20-30 minutes mindfully.</p> <p>Feel your feet hitting the ground. Look at the sky, the clouds moving, the trees and the leaves. How many different sounds can you hear? Can you feel the wind? What can you smell? What do you feel?</p> <p>Spend 5 minutes during your cool-down reflecting on your experience. How do you feel now? How was today's exercise different?</p>	<p>Alternate between 20 seconds of high intensity work and 10 seconds of rest for 4 minutes for each of the following exercises:</p> <ul style="list-style-type: none"> <li>• Jumping Jacks</li> <li>• Sumo Squats</li> <li>• Push-Ups</li> <li>• Burpees</li> <li>• Mountain Climbers</li> </ul>	<p>Begin to define what wellbeing means to you. What does wellbeing look like in your life? What makes you feel whole, healthy and happy?</p> <p>Maybe it is rest, or dancing, or singing, or taking a bath or a walk or gardening or jogging or anything that makes you feel good!</p>	<p>Choose one of your favorite workouts from the past. Either something that we have posted or a workout that you remembered from when we were last together or any workout that made you feel great!</p>	<p>Make your workout fun. Play your favorite music, try something new, but whatever you do today make sure you have fun doing it!</p> <p>Here are some ideas:</p> <ul style="list-style-type: none"> <li>• Try an online class where you have your video on.</li> <li>• Have a dance party with the people you live with.</li> <li>• Try a new fitness app</li> <li>• Try a virtual race.</li> </ul> <p>You choose!</p>

Log onto: [www.umass.edu/campusrec](http://www.umass.edu/campusrec) for all of our virtual programming information

*When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the University of Massachusetts and Campus Recreation from any and all claims or causes of action, known or unknown, arising out of Campus Recreation programming and services.*