



Revive Your Workout Challenge

- The Revive Your Workout Challenge is designed to break up the monotony of your everyday routine to get you out of your comfort zone.
- According to the U.S. Department of Health & Human Services, when adults complete the equivalent of 150 minutes of moderate intensity aerobic activity each week, the benefits are substantial and include a lower risk of premature death, coronary heart disease, stroke, hypertension, type 2 diabetes and depression.
- According to the American Council on Exercise, when it comes to exercise, it is okay to have a standard routine or adhere to a specific habit, because any form of regular activity provides health benefits.
- However, staying with a routine that you've been following for a long period of time can lead to a plateau causing physiological changes to cease.
- The following are reasons to REVIVE your workout as suggested by One Medical Group in San Francisco:
 - Break through a weight-loss plateau
 - Prevent overuse injuries
 - Build new muscles
 - Beat workout boredom
 - Help keep your brain healthy
 - Meet new workout partners
 - Get excited about exercise again
- Here are the details for the Revive your Workout Challenge:
 - Try a workout that you've never done before like going skating with your children/ grandchildren, trying a Zumba class, going ballroom dancing or doing any other physical activity you've been wanting to try.
 - Use the [ABE videos](#) or [Deskercise](#) found on our website.
 - If you prefer more traditional activities, look for ways to change it up. For example, instead of jogging on a treadmill, go for a run at a local park.
 - Find a local 5K and build a walking/ running plan leading up to that date.
 - Each week, use a scorecard to record a revived activity that is different from the previous week.
 - Your goal is to participate in two revived workouts per week.
 - Add an extra point each time you exercise with a partner(s).
 - Total your revived activities at the end of each week.
 - Winners will be the participants who revive their workouts the most.
 - Use our [Random Acts of Wellness Certificate](#) to recognize those individuals.
- Take revived workout photos, [with permission](#), and send to WFHT.TN@tn.gov.