



Mix Up Your Moves Challenge

Focus Area: Physical Activity

Objective: You won't know if you enjoy something until you try it! The goal is to complete each suggested daily workout video to try a variety of types of exercise.

Length of Challenge: Four weeks (can be shortened or extended)

Materials Needed:

- Mix Up Your Moves Challenge Calendar
- Prizes (highly recommended)

Directions:

1. Aim to complete each daily workout. If you don't enjoy one or it's not the right fit for you, that's okay! Feel free to opt for a different activity or video. If you're looking for a longer workout, try combining your favorites.
2. Be sure to jot down your favorite workouts from each week on the Challenge Calendar so you can do them again!

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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