



HEALTHY MIND-HEALTHY BODY 10 WEEK CHALLENGE

11 Jan 2021 – 21 Mar 2021

Overview

Welcome to the Healthy Mind-Healthy Body 10 week challenge. This challenge is intended for all Airmen, family, and friends. This is an opportunity for you to challenge yourself to make holistic and healthy behavioral changes. The Resiliency Team is challenging you to start the year off with positive change. Keep in mind that it takes several weeks to build new habits or make changes sustainable....this is the perfect opportunity to obtain what you want, be challenged, have some fun, and possibly win some prizes!

Rules

There are four health categories (Fitness, Mind, Social, and Nutrition), in which you will choose one behavior from each category that you will strive to accomplish 5-7 days a week for 10 weeks. **Categories and the behaviors associated with each category are located on page 2.**

Try to choose one behavior from each category that you don't already accomplish. For example, you can choose behavior **A** from **Fitness**, behavior **C** from **Mind**, behavior **B** from **Social**, and behavior **A** from **Nutrition**. The goal is to perform each one of these behaviors 5-7 days a week for 10 weeks.

If you performed your chosen behavior from fitness on Monday of week 1, you would check the fitness box on Monday of week 1. Additionally, if you performed your chosen behaviors from all categories on Monday week 1 then you would check all four boxes on Monday week 1. **The 10 week challenge tracker is located on page 19.**

(Please turn your trackers into one of the members below for a chance to win. Prizes will be determined by Wing/Unit Command and the Resiliency Team).

MSgt Colin Carr

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Categories and Behaviors

Category 1 Fitness:

- A. Perform a push-up, sit-up, or air squat tabata (**pages 3-13** for tabata, progression/alternate movements, and push-up/sit-up standards).
- B. Run at an aerobic pace (about 70% of maximum heart rate) for 1.5 miles or briskly walk for 3 miles.
- C. Workout (whatever that looks like for you) for 30-60 min at a moderate intensity, or 15-30 min at a vigorous intensity (**pages 14-15**).
- D. Perform a WOD located in 173FW app under Fitness-Run Dr/WOD Resources-WOD's (**pages 16-17**).

Category 2 Mind:

- A. Perform a mindfulness or breathing exercise, and you can create self-affirmations to say to yourself while doing them (**page 18**).
- B. Get at least 30 min of fresh air and sunlight.
- C. Sleep at least 8 hours.
- D. Read a book for at least 30 minutes.

Category 3 Social:

- A. Talk to a friend or family member for at least 30 min (text and social media don't count, you have to be able to see and/or hear the person).
- B. Express your appreciation to someone for their acts (this can be a friend, family member, or a stranger and this is more than "thank you").
- C. Volunteer to make healthy snacks (or lunch) for everyone in your work-center at least one evening a week and then everyone rotates through (following all COVID 19 protocols).
- D. Run/walk/dance/bike at the same time as a friend/family member and connect via MyFitnessPal, Strata, Runkeeper, Fitbit, FitNow, Endomondo, Fitocracy, and Sworkit.

Category 4 Nutrition:

- A. Abstain or reduce alcoholic beverage intake or Energy Drinks.
- B. Drink at least half your body weight in ounces of water (if you weigh 180lbs, drink 90oz of water).
- C. Eat something green (natural, whole food....not dye #666) for at least one meal of the day.
- D. Eat a plant based meal full of yummy micronutrients (**page 18**).

Frequency and Progression

Below is a sit-up and push-up progression. The progressions are in numerical order (1 being the easiest). Start where you feel comfortable. The idea is to progress through the movements. Frequency is up to you, but would suggest to do both movements together twice a week. For instance, depending on your level, do the hollow rock Tabata and then do the box push-up Tabata on Tuesday and Thursday. Aside from the hollow holds, which are static movements for time, the rest are Tabata based. If you can do 3 reps for 8 rounds on week one then move up to 4 reps for 8 rounds on week two until you reach 8 reps for 8 rounds. Once you reach 8 reps for 8 rounds you move to the next movement and start back at 3 reps for 8 rounds, and so on. A Tabata is explained below.

Start where you feel comfortable. If you can do 3 sit-ups a round for 8 rounds then don't start at hollow holds. Same for push-ups, if you can do 3 push-ups a round for 8 rounds then don't start at wall push-ups. **The most important thing is form and safety. If you break form during a movement then you need to reevaluate and start with an easier movement. Also, if a specific movement causes you pain or discomfort then reevaluate and choose a different movement.**

***Tabata – 8 rounds 20 sec work and 10 sec rest.**

Rd 1 20 seconds work then 10 seconds rest

Rd 2 20 seconds work then 10 seconds rest

Rd 3 20 seconds work then 10 seconds rest

And so on for 8 rounds.

Each round lasts a total of 30 seconds and each round begins directly after the last round ends. Total of 4 minutes. An easy way to time your Tabata is to download a Tabata app. There are multiple Tabata timers available on OS and Android.

Sit-Up Progression and Workout

1. Hollow holds – Progression of the hollow holds are as follows.
 - A. Hands on knees. Progression is based on time. Once achieved 3 rounds, 20 sec a round, with 1 min rest in between then move to the next.
 - B. Knees up hands forward. Progression is based on time. Once achieved 3 rounds, 20 sec a round, with 1 min rest in between then move to the next.
 - C. One knee up hands forward. Progression is based on time. Once achieved 3 rounds, 20 sec a round, with 1 min rest in between then move to the next.
 - D. Legs straight hands forward. Progression is based on time. Once achieved 3 rounds, 20 sec a round, with 1 min rest in between then move to the next.
 - E. Legs straight hands above head. Progression is based on time. Once achieved 3 rounds, 20 sec a round, with 1 min rest in between then move to hollow rock.
2. Hollow rock legs bent – Progression will be rep scheme in a Tabata. Start with 3 reps per round. Once 8 reps per round is achieved move to sit ups.

3. Sit ups – Progression will be rep scheme in a Tabata. Start with 3 reps per round. Once 8 reps per round is achieved move to tuck ups.
4. Tuck ups – Progression will be rep scheme in a Tabata. Keep increasing reps per round in the Tabata.

Push-Up Progression and Workout

1. Wall push-ups – Progression will be rep scheme in a Tabata. Start with 3 reps per round. Once 8 reps per round is achieved move to box push-ups.
2. Box push-ups – Progression will be rep scheme in a Tabata. Start with 3 reps per round. Once 8 reps per round is achieved move to push-ups.
3. Push-ups - Progression will be rep scheme in a Tabata. Start with 3 reps per round. Once 8 reps per round is achieved move to decline push-ups.
4. Feet elevated push-ups - Keep increasing reps per round in the Tabata

Movement Standards

Hands on Knees Hollow Hold – Glutes and feet in contact with the ground. Legs bent approximately 90 degrees with upper body at approximately 45 degrees while holding knees.



Knees Up Arms Forward Hollow Hold – Glutes and feet in contact with the ground. Legs bent approximately 90 degrees with upper body at approximately 45 degrees with arms straight out in front of you.



One Knee Up Arms Forward Hollow Hold – Glutes and one foot in contact with the ground. One knee bent at approximately 90 degrees with other leg straight out in front of you and off the ground 6-12 inches. Arms straight out in front of you.



Legs Straight Arms Forward Hollow Hold – Glutes and lower back in contact with the ground. Both legs straight out in front of you off the ground 6-12 inches. Shoulder blades off the ground with arms straight out in front of you.



Legs Straight Arms Above Head Hollow Hold - Glutes and lower back in contact with the ground. Both legs straight out in front of you off the ground 6-12 inches. Shoulder blades off the ground with arms straight above your head.



Hollow Rock Legs Bent – Glutes and lower back in contact with the ground. Legs slightly bent and off the ground 6-12 inches. Shoulder blades off the ground with arms straight above your head. Rock forward on your glutes until your feet almost touch the ground. Then rock back until your lower back meets the ground, keeping your shoulders off the ground.



Sit-Ups – The starting position is similar to the groin stretch. Sitting on your glutes, feet together, with your legs bent. Lower your upper body, with your arms above your head until you touch the ground with your hands. Raise your body, using your arms for momentum, until you break 90 degrees and you touch the ground just beyond your feet.



Tuck-Ups – Glutes and lower back in contact with the ground. Legs straight out in front of you off the ground 6-12 inches. Arms straight above your head with shoulder blades off the ground. Contract your knees and upper body together until you meet in the tuck position (similar to doing a cannonball in a pool). Retract your body to the starting position.



Wall Push-Ups – Stand facing a wall with your feet 24-36 inches from the wall. Lean forward with your hands straight in front of you against the wall a little more than shoulder width apart. Keeping your elbows tucked into your body with your face slightly off the wall. Don't let your elbows flare from your body more than 45 degrees. Keep your body in a straight and rigid form. Press away from the wall extending your arms just before complete lockout.



Box Push-Ups – Find a steady surface (coffee table or couch usually works) about 24-36 inches in height. Place your hands straight in front of you against the surface about shoulder width apart. Keeping your elbows tucked into your body with your chest against the surface. Don't let your elbows flare from your body more than 45 degrees. Keep your body in a straight and rigid form. Press away from the surface extending your arms just before complete lockout.



Push-Ups – Find a flat surface and lay face down with your hands straight in front of you against the surface about shoulder width apart. Keeping your elbows tucked into your body with your chest against the surface. Don't let your elbows flare from your body more than 45 degrees. Keep your body in a straight and rigid form. Press away from the surface extending your arms just before complete lockout.



Feet Elevated Push-Up - Find a steady surface (coffee table, couch, or chair usually works) about 24-36 inches in height. Place your feet on the elevated surface. Lay face down with your hands straight in front of you against the ground about shoulder width apart. Keeping your elbows tucked into your body with your chest against the surface. Don't let your elbows flare from your body more than 45 degrees. Keep your body in a straight and rigid form. Press away from the surface extending your arms just before complete lockout.



Heart Rate by Age

For moderate-intensity physical activity, your target heart rate should be between 64% and 76% of your maximum heart rate. You can estimate your maximum heart rate based on your age. To estimate your maximum age-related heart rate, subtract your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 50 \text{ years} = 170$ beats per minute (bpm). The 64% and 76% levels would be:

- 64% level: $170 \times 0.64 = 109$ bpm, and
- 76% level: $170 \times 0.76 = 129$ bpm

This shows that moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 109 and 129 bpm during physical activity.

For vigorous-intensity physical activity, your target heart rate should be between 77% and 93% of your maximum heart rate. To figure out this range, follow the same formula used above, except change “64 and 76%” to “77 and 93%”. For example, for a 35-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 35 \text{ years} = 185$ beats per minute (bpm). The 77% and 93% levels would be:

- 77% level: $185 \times 0.77 = 142$ bpm, and
- 93% level: $185 \times 0.93 = 172$ bpm

This shows that vigorous-intensity physical activity for a 35-year-old person will require that the heart rate remains between 142 and 172 bpm during physical activity.

Talk Test

Moderate Intensity

- In general you can talk but not sing during the activity.
- Ex. Walking briskly, water aerobics, bicycling slower than 10 mph, tennis (doubles), ballroom dancing, and general gardening.

Vigorous Intensity

- In general you will not be able to say more than a few words without pausing for breath.
- Ex. Race walking, jogging, running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 mph or faster, jumping rope, and hiking uphill.

Perceived Exertion

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

WOD 1

5 ROUNDS FOR TIME

10 Burpees/Bodybuilders
10 Sit-ups/V-ups

WOD 2

AS MANY ROUNDS AS POSSIBLE IN 10 MIN

3 Burpees/Bodybuilders
6 Supermans
9 Sit-ups/V-ups

WOD 3

5 ROUNDS, AS MANY REPS AS POSSIBLE

20 seconds Mountain Climbers
20 seconds Air Squats
20 seconds Rest

WOD 4

5 ROUNDS FOR TIME

20 Forward Lunges
20 Backward Lunges
20 Air Squats
20 Skaters

WOD 5

21-15-9 REP SCHEME (21 of each movement then 15 of each movement and 9 of each movement and rest)

Push-ups
Burpees
Rest 2:00
Sit-Ups
Burpees
Rest 2:00
Air Squat
Burpee

WOD 6

15 MIN AS MANY ROUNDS AS POSSIBLE

15 Lunges
10 Push-ups
15 Lunges
20 Sit-ups

WOD 7

10 ROUNDS: HOLD EACH POSITION FOR 30 SECONDS

Elbow or Hand Plank
Bottom of Squat
Bent Hollow Hold

WOD 8

3 ROUNDS FOR TIME

400 Meter Run

25 Air Squats

15 Burpees

WOD 9

3 ROUNDS FOR TIME

400 Meter Run

12 Burpees

WOD 10

FOR TIME (REP SCHEME 10-9-8-7-6-5-4-3-2-1, 10 of each movement then 9 of each movement and so on)

Jumping Jacks

Push-ups

WOD 11

8 ROUNDS FOR TIME

100 Meter Run

30 Air Squats

WOD 12

3 ROUNDS FOR REPS (Perform each movement for 1 min before moving to the next)

Burpees

Air Squats

Hand or Elbow Plank

Jumping Jacks

Rest

WOD 13

FOR TIME (30 reps of each)

Flutter Kicks

Jumping Jacks

Flutter Kicks

Air Squats

Flutter Kicks

Push-ups

WOD 14

3 ROUNDS AS MANY REPS AS POSSIBLE

30 Seconds Push-ups

30 Seconds Plank

30 Seconds Air squats

30 Seconds Mountain Climbers

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PLANT BASED RECIPES

<https://www.forksoverknives.com/recipes/vegan-menus-collections/easy-plant-based-recipes/>

<https://www.forksoverknives.com/recipes/vegan-menus-collections/30-minute-meals/>

<https://www.foodnetwork.ca/healthy-eating/photos/plant-based-recipes-for-beginners/#!plant-meatless-skewers>

<https://www.cookinglight.com/food/vegetarian/plant-based-recipes-for-a-year-of-meatless-mondays>

<https://www.tasteofhome.com/collection/plant-based-diet-recipes/>

<https://www.feastingathome.com/vegan-dinner-recipes/>

BREATHING EXERCISE

<https://www.hprc-online.org/mental-fitness/sleep-stress/tactical-breathing-military>



HEALTHY MIND-HEALTHY BODY 10 WEEK CHALLENGE

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Fitness <input type="checkbox"/>	Fitness <input type="checkbox"/>	Fitness <input type="checkbox"/>	Fitness <input type="checkbox"/>	Fitness <input type="checkbox"/>	Fitness <input type="checkbox"/>	Fitness <input type="checkbox"/>	F: <input type="text"/>
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WEEK 1

Total:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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WEEK 2

Total:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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WEEK 3

Total:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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WEEK 4

Total:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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WEEK 5

Total:





HEALTHY MIND-HEALTHY BODY 10 WEEK CHALLENGE

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Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	N:

WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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WEEK 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	S:
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WEEK 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	S:
Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	N:

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
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Mind <input type="checkbox"/>	Mind <input type="checkbox"/>	Mind <input type="checkbox"/>	Mind <input type="checkbox"/>	Mind <input type="checkbox"/>	Mind <input type="checkbox"/>	Mind <input type="checkbox"/>	M:
Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	Social <input type="checkbox"/>	S:
Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	Nutrition <input type="checkbox"/>	N:

