

2025

JULY

CHALLENGE OVERVIEW

- Duration: 7 Days
- Daily Activities: Each day features a simple, functional movement or balance activity that supports independence and overall well-being.

Day 1

Stand on one leg for 30 sec (each side).

Day 2

Go for a 10-minute walk around your neighborhood.

Day 3

Do 10 sit-to-stands from a chair without using your hands.

Day 4

March in place during a commercial break.

Day 5

Try a new stretch before bed (hamstrings or shoulders).

Day 6

Balance walk: Heel-to-toe across a room like you're on a tightrope.

Day 7

Set a hydration goal for the day—track your water intake.

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04 <ul style="list-style-type: none"><li>Independence Day</li></ul>	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		