

THE LIFESTYLE HEALTHY HABITS

MOVE AT LEAST 30 MINUTES A DAY

Start small with a walk around the block, then add our **7-Minute Workout** below into your routine*. As you gain more energy and are able to move more, add in different types of exercise. Go outside your comfort zone to try something new—you never know what different activities you'll fall in love with!

EPIC 7-MINUTE WORKOUT: Do this workout anywhere—all you need is a wall, a chair, and a counter. Start with completing it once a day, and work up to 3 times a day. Everyone has 7 minutes!

HOW TO: Repeat each movement as many times as you can in 30 seconds, take a 10 second break, and continue until you complete all 11 exercises. We've included **beginner** and **advanced** options for each exercise to meet your fitness needs:

 <p>1 STEP JACK or JUMPING JACK</p>	 <p>2 WALL SIT 45° or WALL SIT 90°</p>	 <p>3 COUNTER PUSH UP or PUSH UP</p>
 <p>4 AB CRUNCH or SIT UP</p>	 <p>5 STEP UP: SECURED STAIR or SECURED CHAIR</p>	 <p>6 SIT ON CHAIR or SQUAT</p>
 <p>7 TRICEP DIP: COUCH or SECURED CHAIR</p>	 <p>8 KNEELING PLANK or PLANK</p>	 <p>9 MARCH ON SPOT or HIGH KNEES</p>
 <p>10 LUNGE: EXTEND LEG or KNEE TO GROUND</p>	 <p>11 LEG LIFT or HIGH LEG LIFT</p>	<p>CONGRATS!</p> <p>You did it! Stretch for a few minutes and drink some water. Don't forget to check in and post a #sweatselfie on the Epic Life Challenge social groups with #7MinWorkout.</p> <p><small>*Always be sure to check with your doctor before starting a new fitness routine.</small></p>