

# NATIONAL HEALTH & FITNESS DAY CANADA 2022:

## #LETSMOVECANADA

Join **Fitness Industry Council of Canada** as we celebrate National Health & Fitness Day. Join in beginning Monday May 30th and incorporate the "Move of the Day" (MOD) into your training sessions / classes and incorporate into a training circuit on Saturday June 4th. Share your moves and circuit on social [@NHFDCANADA](#) [@ficdn](#) [#letsmovecanada](#)

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### Monday May 30th: Move Your **Squat**

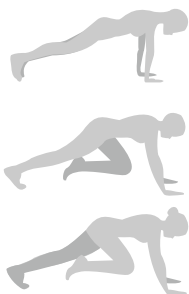


Lower your hips back and down into a chair sit position (squat) and hold. Push up through the legs to standing pause and repeat. Challenge your squat by rising off your heels as you stand (calf raise), or by adding a vertical jump off the ground, drop back down into a squat and repeat.

**Modifications:** Sit to Stand. Perch your hips at the front edge of a seat with your feet flat on the floor, behind your knees. Tilt the upper body forward slightly and push yourself up with your legs into a fully standing position. Slowly lower yourself back down into the seated position you started in.

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### Tuesday May 31st: Take Your **Plank** to the next level with **Mountain Climber**



From a plank position with hands on the floor or on an incline surface (bench) pull one knee towards your chest followed by the other knee and repeat in an alternating fashion.

**Modifications:** In seated, lift both arms straight out in front of you at shoulder level and hold. Raise one knee upwards to lift your foot off the ground, pause then lower and repeat on the other leg. Repeat alternating side to side

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### Wednesday June 1st: **Walking Lunges** or **Step Ups**

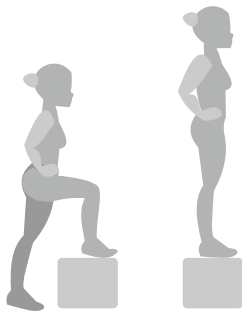


Start with your feet shoulder-width apart with your arms at your side or hands on your hips. Step forward with one leg, putting bodyweight over your front foot and bend both knees to lower down into a lunge (front thigh is parallel to the floor). Push off your back foot to bring the back leg forward to meet your front leg and repeat alternating one than the other.



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### Modifications: Steps Ups

Place one foot flat on the step and push down over the front foot to stand up. Bring your other foot up to meet the front leg. Step down and repeat. Perform equal reps on both sides. Bring your left leg up to meet the right only after the right leg is entirely straight to ensure that your working leg is doing all of the work

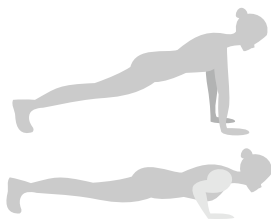
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## Thursday June 2nd: Tune Up your **Triceps** with **Dips** or **Pushups**



**Dips:** In seated, place your hands on the armrests of your chair. Push yourself up until your arms are fully extended, then slowly lower yourself down until you are fully seated again. For a greater challenge slip your hips off the front edge of your chair to lower yourself below the level of your seat, to start.

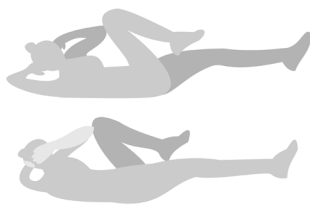
**Modifications:** If you don't quite have the arm strength, but you do have some leg strength, you can use your legs to assist you slightly. But try to let your arms do as much of the work as possible.



**Push Ups:** Get down on all fours, placing your hands slightly wider than your shoulders. Straighten your arms and legs. From either your hands and knees (or feet), lower your body until your chest nearly touches the floor. Pause, then push yourself back up.

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## Friday June 3rd: **Abdominal Cycle** (aka **Cross Crawl**)



Lying on the ground with your lower back pressed towards the floor, place your hands lightly on the sides of your head and lift your head and shoulders up off the floor. Lift one leg just off the ground and extend it out. Lift the other leg and bend your knee towards your chest and twist through your core/torso to bring the opposite elbow towards the raised knee. Lower your leg and arm at the same time while bringing up the opposite two limbs to mirror the movement.

**Modifications:** Perform the same movement from a sitting or standing position. Perform the same movement from either a seated or standing position. Lift one knee up to hip level and twist through the core/torso, to bring the opposite elbow down toward the lifted knee. Lower and return to upright standing and repeat to the other side.



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## Saturday June 4th: National Health & Fitness Day Circuit

Combine the 5 Moves of the Day (MOD) in a circuit and perform each of the following moves (45 seconds each followed by a 15 second recovery) x 4 to 6 intervals = 20 to 30 minutes

1. **Squats** (Option: **Squat Jumps**)
2. **Plank** or **Mountain Climbers**
3. **Walking Lunges** (or alternating forward or back-stepping lunges) or **Steps Ups**
4. **Tricep Dips** or **Push Ups**
5. **Abdominal Cycle** (Option: **Standing Cross Crawl**)

Challenge your circuit by integrating an interval of cardio movement between each of the 5 Moves: E.g. High knee running (on the spot), Jumping Jacks, Burpee Jumps, Jump Rope or Boxing Punches. Perform x 3 intervals = 30 minutes

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Remember to take selfies to celebrate **#letsmovecanada** and share each day on social!



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