

JANUARY SQUAT THE NEW YEAR CHALLENGE

Monthly Movement Challenge

JANUARY 3 - JANUARY 31 | MONDAYS - FRIDAYS

The Squat Challenge is occurring during the month of January. It is a month-long challenge focusing on the movement of the squat. The goal of the challenge is to get you stronger in your body weight squat, knowledge of the squat and its modifications and to acquire safer and more efficient movement for your squat. Sounds like a good deal to us! You have Monday through Friday, starting January 3 until January 28 to achieve 30 squats a day or one of its modifications. Squats are excluded on weekends and do not count toward your challenge. If you need a modification for your squats, one of our trainers would be happy to help you with finding the right one for you. With all the flexibility to perform your squats anywhere at any time, there will be no make-up squats or days.

Goals for the challenge:

- Improve the stamina of the squat
- Improve the mobility of the squat
- Improve the stability of the squat
- To point out the points of performance of the squat

Get with a Wellness Staff Member by Monday, January 3 to start your challenge.

- Wellness Staff will give you a Squat Challenge card. Keep up with your card. Staff will sign each day that you complete your session of squats. At your convenience, dates have been assigned for each day on your card.
- If you cannot attend the gym that day, you are responsible for posting your squats to the Choctaw Wellness or Choctaw CrossFit Facebook pages or showing it to Wellness Staff to be verified and signed.
- If you complete 100% (20/20) you will receive 15 Well Bucks! If you complete (15/20) you will receive 8 Well Bucks! So, if you want those Well Bucks, be consistent!





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**PARTICIPATE IN THIS MONTH'S WELLNESS EVENT
JANUARY 3 - JANUARY 31**

Choctaw Nation Wellness Center