



SLEIGH YOUR HABITS CHALLENGE

The holidays can get hectic — so let's take care of you! Join our 5-week "Sleigh Your Habits" Challenge and stay grounded through the season.



Each week, you'll stack one new healthy habit on top of the last:

Week 1: Start with one small habit.

Week 2: Add another on top.

Week 3: Add another on top of those two. And keep building!

You'll get a downloadable Habit Tracker to stay accountable and see your progress grow.

Registration is free, or you can make a donation to our Annual Campaign — every \$5 donated earns you an entry to win a cozy YMCA fleece — perfect for the upcoming winter season. Donate \$50 or more and we will **DOUBLE** your entries! Your donation stays local and benefits our branch directly.

We start December 1st!

Register by scanning
this QR code:



GROUP EXERCISE SCHEDULE UPDATES

Keep your eyes on the on-line
schedule for a modified series
of classes for the week of
Nov. 24-28th.

TRAINER TIP OF THE MONTH



November is the perfect time to **refocus**, not restart. The holidays can throw off routines, but small, consistent choices — like getting in one more walk, one more lift, or one more balanced meal — keep your momentum going. Finish the year strong, one day at a time.

MOVE OF THE MONTH

"PUSH YOURSELF THROUGH THE HOLIDAYS"

A classic for a reason! Push-ups strengthen your chest, shoulders, arms, and core — no equipment needed. Push-ups are for **EVERY BODY**: Strong upper body and core muscles are essential for **getting yourself up safely if you fall**.

How to do it:

Start in a straight line from head to heels, hands slightly wider than shoulders. Squeeze your glutes (butt muscles) and tighten your core. Lower your chest toward the floor, keeping your elbows angled about 45°, and touch your chest to the floor. Then press back up.

Not ready for the full version yet?

- Wall push-ups: Stand arm's length from a wall and press away.
- Incline push-ups: Hands on a bench or countertop.
- Eccentric Push-Ups: Lower yourself to the ground in a full push-up position, then put your knees down to help you get back up.

