



COOPER

FUN IN THE SUN

CHALLENGE

JULY 17-AUGUST 11

BOARDWALK

BOATING

SWIMMING

VOLLEYBALL

SHOPPING

SANDCASTLE





JULY 17-AUGUST 11

At this point in your journey to optimal fitness, it's time for some Fun in the Sun. Your Cooper Quest summer challenge will help you improve in the five key health areas:



BLOOD
WORK



BODY
COMPOSITION



STRESS
MANAGEMENT



FUNCTIONAL
FITNESS



CARDIOVASCULAR
FITNESS

Complete 20 activities to win a prize!

RETURN COMPLETED TRACKING FORM TO THE SERVICE DESK BY AUGUST 16.

BOARDWALK

- ☐ RUN OR WALK THE TRACK FOR 1-3 MILES
- ☐ WALK AROUND THE NEIGHBORHOOD FOR 20 MINUTES
- ☐ ATTEND AN INDOOR CYCLE CLASS
- ☐ BIKE OUTSIDE FOR 30 MINUTES

VOLLEYBALL

- ☐ ATTEND A GROUP EXERCISE CLASS OF YOUR CHOICE
- ☐ AUGUST 1: ATTEND FUNCTIONAL MOVEMENT CLASS
- ☐ VOLLEYBALL ARMS: (3 SETS)
 - 20 PUSHUPS
 - 20 BICEP CURLS
 - 20 UPRIGHT ROWS
 - 20 TRICEPS KICKBACKS

SHOPPING

- ☐ JULY 24: ATTEND VITAMIN LECTURE
- ☐ SHOP THE COOP
- ☐ ENJOY A SPA SERVICE
- ☐ ORDER A COOPER FIT MENU ITEM AT CEDARS
- ☐ RELAX IN THE WHIRPOOL, DRY OR WET SAUNAS
- ☐ SPEND 15 MINUTES FOAM ROLLING
- ☐ ATTEND A VIRTUAL YOGA CLASS
- ☐ ATTEND A VIRTUAL PILATES CLASS

BOATING

- ☐ AUGUST 7: ATTEND BALANCE AND CORE FITNESS CLASS
- ☐ ATTEND A MYOFASCIAL RELEASE CLASS
- ☐ ATTEND A CORE CONDITIONING CLASS
- ☐ END YOUR WORKOUT ON THE POWER PLATE FOR 10 MINUTES
- ☐ BOATING LEGS: (3 SETS)
 - 20 SQUATS
 - 20 DEADLIFTS
 - 20 SIDE LUNGES
 - 20 CROSSOVER (CURTSY) SQUATS

SWIMMING

- ☐ ATTEND A WATER AEROBICS CLASS
- ☐ BEGIN YOUR WORKOUT WITH A 2,000 METER ROW
- ☐ 60 MINUTES OF A CARDIO ACTIVITY
- ☐ SWIM FOR 15 MINUTES

SANDCASTLE

- ☐ PROTECT YOUR SKIN WITH SUNSCREEN BEFORE OUTDOOR WORKOUTS
DID YOU KNOW THE SERVICE DESK HAS COMPLIMENTARY SUNSCREEN?
- ☐ PACK A HEALTHY TO-GO GYM BAG SNACK
- ☐ JULY 27: VISIT THE HYDRATION STATION IN THE LOBBY

NAME _____

EMAIL _____

COOPER
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