

# The Senior Games

The Senior Games is designed to promote physical and mental health. There is a strong correlation between regular physical activity and good mental health. We hope that by participating in the challenge, we can help you create a habit of doing daily physical and mental health promoting activities. We understand that the last several months have been difficult for many. We want to help support your mental health, so that you will be able to face the challenges of today with optimism. We hope that you will enjoy participating and competing in this fun activity!

The participant will set aside 15 minutes each day for five days straight, to complete activities from the provided list. The participant can either complete the activities outdoors or indoors. Each challenge is given a numerical value and can be done only one time each day to count for points. The participant will have 15 minutes each day to do as many exercises and earn as many points as possible. Activities should and can be adjusted to ensure safety. Each day the participant should keep track of the amount of points gained by using the attached score card. At the end of the five days, you will add up the points you obtain and take a picture of the scorecard. Submit your score card by either posting it on Instagram and tagging #RVUSUFALLHEALTH or email the picture to [marketing@rvu.edu](mailto:marketing@rvu.edu) to be entered into the prize drawings.

[Senior Games.pptx](#)

## Challenges

5 point challenges:

- 10 arm circles
- Arm curls, 10 each arm
- Meditate for 10 minutes

10 point challenges:

- Stand up out of chair 5 times
- Seated leg lifts, 10 each leg
- 10 minutes seated yoga
- Stretch for 10 minutes

15 point challenges:

- Dance to your favorite song
- 15 minute walk
- Read for 15 minutes
- Garden for 15 minutes

20 point challenges:

- 15 minutes of water aerobics
- Go for a bike ride (if capable)
- Do a crossword or Sudoku puzzle

*ATTENTION: Perform these activities at your own risk. The challenges have been approved as age appropriate and safe by Dr. Gary Lambert. If there is additional concern for physical safety or health, one should seek approval by a physician. Participants should wear appropriate footwear. Have fun, get fit, but be safe!*

# 5 Day Challenge

|        | Points |
|--------|--------|
| Day 1  |        |
| Day 2  |        |
| Day 3  |        |
| Day 4  |        |
| Day 5  |        |
| Total: |        |

Steps:

1. Print this template out.
2. Try and earn as many points as you can in a 15-minute window.
3. Track your points each day.
4. Add up your total.

**\*Take a picture of you with your 5-day challenge sheet and post it on Instagram or Facebook with the hashtag #RVUSUFallHealthFair or send to [marketing@rvu.edu](mailto:marketing@rvu.edu) to be entered into the prize drawings.**