

50 SIT UPS A DAY IN NOVEMBER CHALLENGE

Make the most of your challenge experience with Lauren Dadd,
Exercise Physiologist at Cerebral Palsy Alliance.

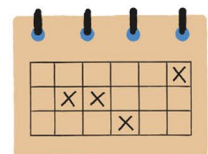
1 PICK THE RIGHT SIT UP



Different types of sit ups work the 4 main abdominal muscle groups; choose the right type for your fitness level and goals, and consider pre-existing conditions. Beginners might find standard sit ups challenging, and prefer to start with crunchers or modified sit ups. Levelling up might include leg raises, and lifting your feet off the ground while doing sit ups.

2 SET GOALS AND CREATE A PLAN

Be consistent with clear, measurable goals, that will keep you motivated and on track. Hold yourself accountable by posting them somewhere visible and/or sharing with a friend or family member.



Your plan should outline how often you'll do sit ups, when you'll do them, where, number of repetitions, and duration. Gradually increase intensity and volume. E.g. you might be more likely to complete 17 sits ups before each meal than '50 per day'.

3 TAKE CARE OF YOURSELF



Nutrition

Ensure you're getting a nutritious and balanced diet with adequate protein, carbohydrates, and healthy fats to support muscle recovery and energy levels. And stay hydrated!



Rest

Rest and sleep helps your body to recover and repair. Sore abs can be a sign that you're using muscles in a new or different way, and should decrease after 2-3 days. Ignoring excessive pain, discomfort, and any signs of overtraining, can lead to injuries.



Listen

Pay attention to your body's needs and adapt your challenge accordingly to maintain a balance between challenging yourself and preventing over exertion.

If you have any underlying health concerns or are new to exercise, consult with an exercise physiologist or healthcare provider before starting a sit up challenge, and they can help you tailor a program that is safe, challenging and motivating for you.