

## Monthly Health Challenge: 30-Day Calf Raises Challenge

Are you looking to tone your legs more? Well, maybe you should take the 30-Day Calf Raises challenge. Calf Raises is a leg exercise that helps strengthen and tone lower leg (gastrocnemius and soleus), knee cap and heels. This is also a great exercise to improve both your balance and posture.

### How to perform the perfect calf raises?

1. Stand with your feet a shoulder length apart.
2. Lift your heel off the ground, preferably as high as you can. Try to shift your weight onto your toes.
3. Lower your heel back towards the ground, but not allowing your heel to touch between repetitions.



If you're having trouble with balance, you can lean against a chair, table or even a wall. This exercise can be performed while sitting in a chair. To make this exercise more difficult, you can add ankle weights or try a one-legged calf raise.

For beginners, follow the Easy Track (E). For advanced performance, you should follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E )15 (C )25	2 (E )20 (C )40	3 (E )25 (C )50	4 (E )30 (C )60	5 (E )Rest (C Rest	6 (E )30 (C )60
7 (E )35 (C )70	8 (E )40 (C )80	9 (E )45 (C )90	10 (E )Rest (C )Rest	11 (E )50 (C )100	12 (E )55 (C )120	13 (E )60 (C )130
14 (E )65 (C )140	15 (E )Rest (C )Rest	16 (E )65 (C)140	17 (E )70 (C )150	18 (E )75 (C )160	19 (E )Rest (C )Rest	20 (E )75 (C )170
21 (E )80 (C )180	22 (E )85 (C )200	23 (E )90 (C )220	24 (E )Rest (C )Rest	25 (E )90 (C )250	26 (E )95 (C )260	27 (E )100 (C )270
28 (E )105 (C )280	29 (E )110 (C )290	30 (E )120 (C )300	31 (E )Rest (C )Rest			