



## May Virtual Fitness *Climb a Mountain in May*

Welcome to May! Our fitness challenge this month is focused on the full-body cardio move, a mountain climber. Complete every day and you'll have climbed to the top of the tallest point in Illinois, Charles Mound!

### Mountain Climbers

1. Start in a push up position with your left leg in front so that your foot is on the floor under your chest.
2. Keep your hands down on the ground. Jump or step with your legs and switch your feet so that your right leg is in front.
3. Jump or step with your legs again and switch your feet so that your left leg is in front. Continue jumping and switching as fast as you can.



Featuring Special Olympics Global Messenger, Alisa Ogden

Follow our May Mountain Climber Calendar. On each calendar date, the **number** listed = the **number of mountain climbers** to complete. (Each knee-to-chest is one).

Check the box when you complete the climbers for the day! Email your completed calendar to [fitness@soill.org](mailto:fitness@soill.org).

If you complete each day you'll have climbed **1,235** ft., the height of the tallest point in Illinois, Charles Mound!