

# 21 DAY CHALLENGE

BE CHALLENGED

BE CHANGED

*Emotional*

## #17

### Service/Volunteer Challenge

Volunteer or do some kind of service project for 21 hours in the next 21 days. Let us know you completed this either on the crossroads website at <https://www.crossroads-ridgecrest.org/challenge> using the form or by emailing [ridgecrestchallenge@gmail.com](mailto:ridgecrestchallenge@gmail.com) to be entered into a drawing for fun prizes.

**PHYSICAL**

## #18

### Squat Challenge

If you want to give your thighs a good workout, there are few better exercises than the simple bodyweight squat. Stand up tall with your feet roughly shoulder-width apart. Your arms should be held out in front at shoulder level. Slowly lower your backside as far as you can by bending your knees and pushing your hips back. Your weight should be on your heels. Pause for a few seconds, before slowly returning to the starting position. Throughout the exercise, your core should be braced, by pulling in your abdominal muscles and holding them in that position. Start with 10 and add 10 a day for 21 days, you will be ending doing 210 squats. Let us know you completed this either on the crossroads website at <https://www.crossroads-ridgecrest.org/challenge> using the form or by emailing [ridgecrestchallenge@gmail.com](mailto:ridgecrestchallenge@gmail.com) to be entered into a drawing for fun prizes.