



# Stay at Home Challenge

## New Mexico Senior Olympics, Inc.



A FREE virtual event for everyone 50+

Submit results and be entered into a drawing for a \$100 gift card

(A \$100 gift card will be drawn for every 100 participants per month – maximum of 3 per month)

NMSO, with athlete input developed 14 sports/activities modified to play from home, for four months, each month a little more challenging. All Challenges and “how to” are listed on our website at [www.nmseniorolympics.org](http://www.nmseniorolympics.org). Participants are encouraged to do as much as you can while being safe, taking into consideration the weather. Events are based on the honor system for submitting results. Submit your results and be entered to Win!

***When you exercise, your body releases endorphins that energize your mood, relieve stress, boost your self-esteem, and trigger an overall sense of well-being!***

### Stay at Home Challenges

- **Air Gun – Two shoots a month**
- **Archery – Two shooting games per month**
- **Cycling – Be Encouraged to Get Out and Ride! Record results online.**
- **Dance – Find a virtual session, create a routine, line dance and/or Dance four hours each month!**
- **Fitness Workout – Two 15-minute workouts to include timed planks, seated knee-ups, timed single leg stand – break it up!**
- **Frisbee Throw – activity to test accuracy and distance and possibly challenge yourself to use your non-dominant arm**
- **Gardening/yardwork – a great form of exercise and tasks that work your muscles. Gardening has been proven to reduce stress.**
- **Horseshoes – play 5 games and challenge yourself to be able to throw with either hand**
- **Road Race Run – challenge yourself to better your time and distance**
- **Soccer Accuracy Kick – Get ready to kick that ball, chart your kicks and increase your goal weekly!**
- **Swim – Go the distance and count your laps.**
- **Triathlon – Get your heart rate up – Run, Bike, Swim. Record results online.**
- **Walk – moderate activity – Walk around the block to stretch your legs and help clear your head. Walk a little further each day for the Challenge to Walk 500 minutes for the full month!**
- **BINGO Fitness - Complete activities in a row OR complete FULL card**

### How to get started

- Visit our website for specific playing format and Liability Waiver
- Pick one, two or three activities and get started (no limit)
- **Once a month report your results by the 5<sup>th</sup> day of each month, 12 noon.**  
**Results must include your name, sport, gender, age, county, month, times and/or scores.**  
\*Results are public and will be posted on our website
- Complete your one (1) time Liability Waiver and submit your monthly results by any of these easy methods
  - Online at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
  - Email: [nmso@nmseniorolympics.org](mailto:nmso@nmseniorolympics.org)
  - Fax: (575) 622-9244
  - Text: (505) 392-6305
  - Call Toll free: 1-888-623-6676 NMSO staff will record your results