



# Move Like a Grizz

30 Day Challenge

SMALL MOVES. BIG COMEBACKS.



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# Week 1

Just Gettin' Started

September 2025

## Mini Challenge

22



### It's Tip-Off Time!

Join the #MoveLikeAGrizz Challenge - sign up today!



23



### Challenge Day 1:

Walk 6,000 steps today. Tag us + your sneakers!

24



### Pro Tip: Take the Stairs at Work

(or wherever you find stairs today)

Bonus points for taking a stairs selfie!

25



### Jo Morant's Vertical Leap? Insane.

Your mission: 15 squats

26



### Movement Myth: You have to work out for an hour.

FALSE. 10 Minutes counts!

Personal goals



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**BONUS**

Take a rest day. Hydrate. Stretch. Get tix for your favorite home match ups!

# Week 2

Sept./Oct. <sup>2025</sup>

Now we're talking!

## Mini Challenge

29



### Let's limber up!

Try this 3-minute dynamic warm-up.



30



### Move of the Day: Arm Circles + Shoulder Rolls.

Great for desk jobs!

1



### Hamstring Heroics

Can you touch your toes? Let's see it!

2



### Don't forget your neck!

Try 30 seconds of slow neck rolls today.  
Bonus relaxation points if you do this 3 times.

3



### Post your stretch/work-out face.

Is it pained, or peaceful? Gritty? Happy?  
Tag us when you #MoveLikeAGrizz!

Personal goals



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**BONUS**

Self-Care Sunday: Foam rollers are your friend. Roll out your muscles and enjoy a tall glass of water!

# Week 3

October 2025

Recovery is where  
the magic happens

## Mini Challenge

6



Most pro athletes strive  
for 8-10 hours of sleep.

What's your sleep goal? What helps  
you get a good night's rest?

7



Move of the Day:  
Legs up the Wall pose

Backs love this one.

8



Hydration challenge

Drink 64 oz of water today. Track it!

9



What's Your Favorite Way  
to Relax Your Joints?

Share your secrets!

10



Recovery Zone

Show us your recovery zone - couch, bath,  
PT table, etc!

Personal goals



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**BONUS**

Share your playlist! What  
Grizz approved songs  
get you moving?



# Week 4

October 2025

Let's finish strong!

## Mini Challenge

13



Wall Sits for 30 seconds

You v Dillon Brooks intensity.

14



Strength isn't just found in muscles.

It's habits. What has been hardest?

15



Balance Test

Try a 20 second single leg stand.

16



Strong Back = Happy Life

Try 10 bridges today.

17



Show Your Strength

Share a flex pic (real or funny)!

Personal goals



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**You Did It! Submit your completed challenge tracker for a chance to win prizes!**

# You did it!



**Celebrate your win, and keep up those good habits you developed over the past four weeks.**

Be sure to submit your completed challenge tracker to [OS-Marketing@orthosouth.org](mailto:OS-Marketing@orthosouth.org) to be entered to win prizes. Play the social media mini challenges for additional entries!



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