

Tempo Move Well Challenge

Join our 4-week static wall squat
challenge!



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Are you ready to strengthen your legs and improve your overall health? Our 4-week static wall squat challenge is designed to help you build leg strength, enhance mobility and boost your longevity, all from the comfort of your home, gym or office.



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How to do it: Stand with your back against a wall, feet shoulder-width apart. Slide down until your knees are at a 90-degree angle. Hold this position. See how long you can hold the position.

Challenge details:

Week 1: Hold a static wall squat for 30 seconds.

Week 2: Increase the duration to 45 seconds.

Week 3: Push yourself to hold for 1 minute.

Week 4: Aim for a 1 minute, 30 second hold.

Tips for success:

- Warm up before starting to prevent injury.
- Stay consistent and perform the challenge daily.
- Gradually increase the duration if you find a week too easy.

Don't miss out on this unique opportunity to challenge yourself and reap the benefits of stronger legs. Join our 4-week static wall squat challenge today and take the first step towards a healthier, more active lifestyle!

Why leg strength matters

- **Mobility and balance:** Strong legs help you stay mobile and balanced, reducing the risk of falls and injuries.
- **Functional independence:** Perform daily activities with ease, from walking to climbing stairs.
- **Metabolic health:** Increase muscle mass, boost metabolism and manage your weight effectively.
- **Cardiovascular health:** Improve circulation and reduce the risk of heart disease.
- **Reduced risk of chronic diseases:** Strong legs are associated with a lower risk of chronic diseases such as diabetes, high blood pressure and high cholesterol. This is because leg strength often reflects an active lifestyle.
- **Cognitive function:** Studies have shown that greater leg strength is linked to better cognitive function in later life. This means a lower risk of cognitive diseases like dementia and Alzheimer's.
- **Lower mortality rate:** Research indicates that individuals with stronger legs have a lower risk of disability and early death. This is because leg strength is a reliable predictor of physical functionality and overall health.