

What activities move you?

Goal: 700 minutes of pure, heart-pumping fun.

Make Fitness Fun promotes physical fitness as a great way to relieve stress, maintain your weight, increase energy and improve overall health. The key here is to pick an activity that you also really love to do. So whether it's yoga, rock climbing, line dancing or bowling ... any activity that gets you up and moving every day is the right activity for you.

Everyday ideas for getting active:

- Take a break from your desk, go outside and recharge with a 10-minute walk
- Walk, bike or jog to work
- Pack a picnic and take a hike
- Go for a walk after dinner
- Sign up for dance lessons and learn to salsa

Use your tracking sheet to record the physical activity you do for at least 10 minutes at a time. Reach your goal of 700 minutes – that's just an hour and a half each week – and celebrate the active, healthy person you've become!



This material is provided for informational purposes only. It is not intended as medical advice.
Speak to your health care professional for a diagnosis or treatment plan.

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tracking sheet



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How to track your activity

Simply use this tracking sheet to record the amount of physical activity you've done each day, in 10 minute increments, for eight weeks. Take a kickboxing class, go for a jog, toss a ball with your kids ... whatever activity you choose to do is the right one for you!

Remember – the goal is 700 minutes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Amount of time: <input type="text"/>	Week 1						
Amount of time: <input type="text"/>	Week 2						
Amount of time: <input type="text"/>	Week 3						
Amount of time: <input type="text"/>	Week 4						
Amount of time: <input type="text"/>	Week 5						
Amount of time: <input type="text"/>	Week 6						
Amount of time: <input type="text"/>	Week 7						
Amount of time: <input type="text"/>	Week 8						
Total Time:							<input type="text"/>



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