

MOVING MORE, EVERYDAY, EVERYWHERE



Getting fit!

The more you do... the better for you!

Moving more everyday

The More You Do, the Better for You

Physical activity is not an all or nothing thing. We usually think of spending hours in the gym or running a mile a day when we think of getting fit. Those are not the only ways to be active. You are in control of how much you do. This means you are in control of how great you will feel.

WEEK ONE: Walk 15 minutes three days a week

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

WEEK TWO: Walk 20 minutes three days a week

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

WEEK THREE: Walk 25 minutes three days a week

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

