

Name: _____ Phone: _____ Email: _____

Your goal is to move at least 150 minutes this week!
Choose a row or column or mix and match activities that add up to at least 150 minutes.

Date each box upon completion.

M O V E 1 5 0

Walk 30 minutes	Any Mind & Body Class 30-60 minutes	Stretch 10 minutes	NuStep 15 minutes	Elliptical 15 minutes	Walk 30 minutes	Fill-in- the-Blank 20 minutes
Swim 20 minutes	Strength Train 15 minutes	Bike 20 minutes	Fill-in- the-Blank 20 minutes	Water Walk or Walk 20 minutes	Workout of the Week 30 minutes	Any Water Exercise Class 25-50 minutes
Stretch 10 minutes	NuStep 15 minutes	Strength Train 20 minutes	Walk 15 minutes	Any Mind & Body Class 30-60 minutes	NuStep or Elliptical 35 minutes	Strength Train 20 minutes
Bike 35 minutes	Elliptical 15 minutes	Walk 20 minutes	**BONUS** Eat 2 fruits & 2 veggies today or attend the Eat-Move-Lose Info Session	Fill-in- the-Blank 20 minutes	Walk 30 minutes	Any Mind & Body Class 30 minutes
ViPR* or Any Cardio 20 minutes	Any Group Fitness Class or Walk 30 minutes	Stairs or Elliptical 30 minutes	Bike 20 minutes	Strength Train 15 minutes	Group Core Class or Core Work 25 minutes	Stretch 10 minutes
Workout of the Week or Walk 20 minutes	Group Core Class or Core Work 30 minutes	R30 or Bike 30 minutes	Workout of the Week or Walk 20 minutes	Any Mind & Body Class 30-60 minute	Any Cardio 15 minutes	ViPR* 30 minutes
Strength train 15 minutes	Elliptical 15 minutes	Walk 20 minutes	Any Group Exercise class 50-60 minute	ViPR* 30 minutes	NuStep or Any Cardio 10 minutes	Walk 15 minutes

Turn in completed card at the Courtesy Desk by May 5, 2017.

Tips:

- 1) If you like the pools, try Row 2
- 2) Beginners could try Row 3 or column E
- 3) If you like to take classes, try Row 6
- 4) You may substitute any cardio workout at any time.

*ViPR is free all week. Check the Unlimited Membership Class Schedule for class times.

**BONUS square counts as 60 minutes toward your total time.