

**Staff Only:**

\_\_\_\_\_ Check box if member

joined on or after May 1

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| M | O | V | E | 1 | 5 | 0 |
| **Walk outside**  **30 minutes** | **Attend a**  **TRX class**  **50 minutes** | **Stretch to your favorite music**  **10 minutes** | **Bike**  **20 minutes** | **Elliptical**  **25 minutes** | **Strength train**  **30 minutes** | **Core work  10 minutes** |
| **Cook a healthy meal at home**  **20 minutes** | **Strength train**  **20 minutes** | **Bike**  **20 minutes** | **Attend a 3D30 class**  **30 minutes** | **Walk**  **20 minutes** | **Use the treadmill**  **20 minutes** | **Attend a Group Ride class**  **50 minutes** |
| **Stretch**  **10 minutes** | **Bike**  **20 minutes** | **Practice meditation 15 minutes** | **Walk around the track**  **15 minutes** | **Strength  train**  **60 minutes** | **Attend a Workout of the Week class**  **30 minutes** | **Use an elliptical machine**  **25 minutes** |
| **Attend a water Group Fitness class**  **55 minutes** | **Use an elliptical machine**  **20 minutes** | **Walk outside**  **15 minutes** | **BONUS**  **Attend a free workshop**  **60 minutes** | **Stair climber 20 minutes** | **Attend an**  **R30 class**  **30 minutes** | **Swim or water exercise**  **30 minutes** |
| **Attend a Workout of the Week class**  **30 minutes** | **Walk outside**  **15 minutes** | **Attend a**  **Yoga class**  **60 minutes** | **Bike**  **20 minutes** | **Use the treadmill**  **15 minutes** | **Core work**  **10 minutes** | **Morning stretches**  **10 minutes** |
| **Core work**  **10 minutes** | **Stretch before bedtime**  **10 minutes** | **Swim or water exercise**  **30 minutes** | **Strength train**  **20 minutes** | **Attend a  Group Blast class**  **60 minutes** | **Practice meditation**  **15 minutes** | **Strength train**  **15 minutes** |
| **Attend a MOVE 30 class**  **30 minutes** | **Stair climber**  **15 minutes** | **Try our Power Plate machines**  **5 minutes** | **Attend a Group Power class**  **60 minutes** | **Strength  train**  **20 minutes** | **Use any cardio machine**  **20 minutes** | **Walk around the track**  **15 minutes** |

Completed cards will be submitted to Fitness Manager Rodney P. by Sunday, May 19.

1. Registration is required for classes and workshops. Payment is required for Focused Fitness classes.

2. Have any questions about our fitness equipment? Our Fitness Specialists are more than happy to help! Stop by the Fitness Desk for assistance.

3. Raffle winners will be contacted by Marketing Coordinator Josh B. by Monday, May 20.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your goal is to move at least 150 minutes this week!

Complete one row or column or mix and match activities that add up to at least 150 minutes.   
Date each box upon completion.

**2024 Medical Fitness Week   
Galter Life Center Activity Card**

