



UNITED
FITNESS
Center

Improving health and well-being through thoughtful movement.

Spring Into Action Physical Activity Challenge

For the start of May, we thought it would be fun to do another fitness challenge. As we all know, performing regular exercise can have a tremendous impact on improving our health and well-being. Regular physical activity has proven to strengthen our hearts, help us maintain a healthy weight, improve our muscles, make us feel better, increase our energy levels, improve our immune system, and help us get better sleep.

The good news is that research has shown that physical activity doesn't need to be strenuous to be beneficial. Choose activities you enjoy and are within your current level of capacity. Go for a 30-minute walk, exercise by using one of our printouts, or participate in one of our many fitness videos (printouts and videos can be found on our website at Fitness.UnitedGeneral.org).

To help you maintain your activity levels or to give you the kick-start you may need, we have designed the Spring into Action Physical Activity Challenge. It's simple! Just print out the Physical Activity Challenge calendar and follow the instructions written on the print-out. Your goal is to exercise for 30 minutes or longer, 22 days in the month of May.

We hope you enjoy the Spring into Action Physical Activity Challenge!

email: fitness@unitedgeneral.org

website: fitness.unitedgeneral.org

*A Program
of*

UNITED
GENERAL
DISTRICT 304

Building Healthier
Communities



Physical Activity Challenge

Spring into Action



May

Name: _____

Instructions:

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Put an X in the box on those days you exercise for 30 minutes or longer.
3. At the end of the month, total the number of days you exercised.
4. Your goal is to exercise at least 22 days of this month to complete the challenge.
5. After completing the challenge let's us know how well you did.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Number of Days this month I got 30 + minutes of physical activity such as walking, biking, strength training _____					