



FITTING IN FITNESS

Quick Start Fitness Challenge

Sometimes the hardest part of making a lifestyle change is just getting started. If you are like most people you have struggled to make fitness a regular part of your life. Try this simple 4 week fitness challenge and jump start your way to a healthier and happier life.

Directions: Pick your favorite activities from the list below and try 3 or 4 each week for 4 weeks. Use the table below to keep track of your progress.

1. Use 15 minutes of your lunch break and take a brisk walk.
2. Start your day with a nutritious breakfast. Good choices might include oatmeal, high fiber cereal with low fat milk, yogurt or fresh fruit.
3. When you go to the store park in the back of the lot and count how many steps it takes to get to the front door.
4. Take 3 or 4 minutes at work twice a day to perform 3 long, slow deep breaths and then stretch out your legs and upper body. Notice how much better you feel right after.
5. Make a list of your 5 favorite sports and then look into joining a local team and start playing. If you can't find a team, find a friend with the same interests and agree to meet and practice together.
6. Fill your favorite 32 ounce drink container with water and drink it before lunch. Then fill it again and try to finish it off before the end of the day.
7. Go to the local mall and find out how long it takes to walk from one end to the other. Most people walking at a steady pace will walk one mile in 20 minutes or less.

Activity #	Week 1	Week 2	Week 3	Week 4

