



2021 Medical Fitness Week Challenge Card

Name: _____ Phone: _____ Email: _____

In celebration of Medical Fitness Week ALIVE is joining a nationwide challenge!

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

Complete one row or column of activity challenges. Exercises do not have to be completed in order. Complete one square per day and date when accomplished. (May complete more than one square per day)

M O V E 1 5 0

Walk 30 minutes	Any Group Exercise Class 30 - 60 minutes	Stretch 10 minutes	Bike 20 minutes	Elliptical 15 minutes	Walk 30 minutes	Any Cardio 20 minutes
Swim 20 minutes	Strength Train 15 minutes	Bike 20 minutes	Any Cardio 20 minutes	Walk 30 minutes	Strength Train 20 minutes	Any Group Exercise Class 30-60 minutes
Stretch 10 minutes	Bike 20 minutes	Strength Train 20 minutes	Walk 15 minutes	Any Group Exercise Class or training 30-60 minutes	Elliptical 30 minutes	Strength Train 20 minutes
Bike 35 minutes	Elliptical or Crossover 15 minutes	Walk 20 minutes	BONUS Eat 2 Fruits & 2 Veggies Today	Any Cardio 20 minutes	Walk 30 minutes	Any Cardio 30 minutes
Any Cardio 20 minutes	Zumba or Walk 45 minutes	Elliptical, stairs or walk on an incline 30 minutes	Bike 20 minutes	Strength Train 15 minutes	Core Work 10 minutes	Stretch 10 minutes
Any Group Exercise Class or Walk 15 minutes	Core Work 10 minutes	Bike 30 minutes	Strength Train 20 minutes	Any Group Exercise Class 30-60 minutes	Bike 15 minutes	Strength Train 15 minutes
Strength Train 20 minutes	Elliptical 15 minutes	Walk 15 minutes	Any Group Exercise Class 45-60 minutes	Strength Train 20 minutes	Any Cardio 20 minutes	Walk 15 minutes

All who join the challenge will have **COMPLIMENTARY ACCESS** to MOVE the fitness center at ALIVE May 9-20! Show your challenge card upon arrival.

Turn in completed card to a MOVE caregiver by Thursday, May 20, 2021 and you will be entered in drawing for prizes!



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