



2021 Medical Fitness Week Challenge

Take the challenge & be ready to MOVE!

AL!VE is joining the National Medical Fitness Week MOVE150 Challenge! The American College of Sports Medicine encourages us to be physically active at least 150 minutes per week.

Join the fun by completing your MOVE150 card.

HOW TO PARTICIPATE

- 1) Pick up your Move150 card in MOVE at AL!VE.
- 2) Gain COMPLIMENTARY ACCESS to MOVE (Fitness Center at AL!VE) May 9-20 while participating. Show your challenge card upon entering MOVE.
- 3) All entrants to AL!VE will be screened and given a L!NK card (if they don't already have one)
- 4) Complete a row or column of activity challenges, writing in the date completed. (You may complete more than one activity per day)
- 5) Exercises do not have to be completed in order, as long as the row/column is complete at the end of the week (be sure to date each box upon completion).
- 6) Submit your completed Move150 card to a MOVE caregiver by Thursday, May 20, 2021

PRIZES

Participate and you can win one of the following:

**Personal Training Package
Complimentary One-Month Membership
\$20 in AL!VE Bucks
Foam Roller
Yoga Mat
Shaker Bottle**

