

2020 Medical Fitness Week Challenge Card

Name: _____ Phone: _____ Email: _____

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.

M O V E 1 5 0

Walk 30 minutes	Any Group Exercise Class 60 minutes	Stretch 10 minutes	NuStep 15 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	NuStep 15 minutes	Strength Train 20 minutes	Walk 15 minutes	Insert your facility special event or class	Elliptical 30 minutes	Strength Train 20 minutes
Bike 40 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 60 minutes	Elliptical or Crossover 30 minutes	Bike 20 minutes	Strength Train 15 minutes	Core Work 10 minutes	Stretch 10 minutes
Any Group Exercise Class or Walk 30 minutes	Core Work 10 minutes	Bike 35 minutes	Strength Train 20 minutes	Any Group Exercise Class 30-60 minutes	NuStep 15 minutes	Strength Train 15 minutes
Strength Train 20 minutes	Elliptical 15 minutes	Walk 15 minutes	Any Group Exercise Class 30-60 minutes	Strength Train 20 minutes	Any Cardio 20 minutes	Walk 15 minutes

Turn in completed card at the front desk by Thursday, September 24, 2020.

Tips:

- 1) If you like to swim, try Row 2 – swimming counts as “any cardio” and water aerobics counts for group class.
- 2) Beginners could try Row 3 or column E – the easy line circuit counts as strength training.
- 3) If the cardio equipment listed is busy, you may substitute another cardio machine.