

The Exercise Center Is Closed!

Now What?



So, you may not be able to do the workout you are used to. That is no reason to not exercise or utilize the time you used before for fitness. Quit whining and get moving!

- Become more active.
- You may choose to count days or minutes.

Option 1:

- Count the days you achieve 30 minutes of continuous physical activity/exercise in a day.
Shoot for 4 days minimum per week.
- Do this for a total of 12 weeks. Weeks do not have to be consecutive.

Option 2:

- Count minutes, every minute counts. If you walk 10 minutes one day and 50 minutes the next day, you still receive credit. The days or weeks do not have to be consecutive.
- You may record up to a maximum of 150 minutes per week.
- Complete 2000 minutes.

- You may use fitness trackers, steps, or GPS tracking in lieu of time or minutes and your own log if you would like. Print the chart, journal, etc., and attach to this form when you are done or simply check off this sheet to show when completed.
- You may begin any time from 7/13/20 and keep track for 12 weeks, or longer if needed.
- There is no deadline, but you cannot complete the program early.
- You will receive a gift card when you are done.
- You may choose to do the "Prove-It" initiative in lieu of this initiative, but not both.

Ideas if I can't use the gym

- ✓ GET outside- walk, power walk, bike, jog, run, walk stairs, play basketball, rollerblade, hike, etc.
- ✓ Use Online Fitness Training - IPSC reimburses up to \$200 with the Plus Program.
- ✓ YouTube- It's free and you can stream on your phone and do it on your break outside
- ✓ Exercise videos
- ✓ Outdoor training. Fit in a fun strength routine. There are plenty of exercises you can do outside.
- ✓ The Scientific 7-minute workout.
https://www.youtube.com/watch?time_continue=28&v=Jru5B044HOs&feature=emb_lo

Name: _____

This chart may be used anyway you want. There is not a specific required way to fill it out.