



Stay Active Initiative

1. This initiative includes three options (Get Active, 2000 Minutes, or PROVE IT).
2. Pick your level of participation based on personal needs.
3. Perform the requirements.
4. Fill out the tracking form.
5. Turn in form to receive a gift card.
6. Forms may be sent electronically (include name, employee D#, address where you want the gift card to be mailed).
7. There is no start or end date. This initiative must take at least two months.

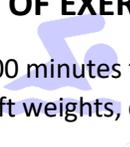
OPTION 1: Get Active

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- ✦ This initiative is specifically for employees and spouses that are working from home or limited in ability to be out and active because they are taking care of children/grandchildren etc.
 - ✦ The goal is to add more physical activity to your day, beyond what you currently do, and encourage you to be more consistent with physical activity.
 - ✦ A Total of 2400 minutes of physical activity (The goal should be approximately 60 minutes of physical activity at least five days or 1200 minutes per month.) This is a guide, you may modify to meet your individual needs.
 - ✦ Examples of activities:
 - Use a fitness tracker and walk 6,000-10,000 steps per day.
 - Household chore intervals (do a chore in one room for two - five minutes, then move to another room, then another, and start over, etc.)
 - Yard work intervals to increase steps per day, (same as above).
 - Rather than sending the kids outside to play, go outside and play games with them. Everyone needs down time, but go out and be active and have your down time later.
 - Walk in place or do high knees, jumping jacks while watching TV or during commercials
 - Sweep, mop, vacuum, or Zumba, dancing, etc.
 - Be creative and involve your spouse and kids. Have fun!



OPTION 2: 2000 MINUTES OF EXERCISE LOG

- ✦ Exercise for a total of 2000 minutes for a two month period. Break it up and hike, bike, walk, run, swim, roller blade, lift weights, exercise videos, etc.



OPTION 3: PROVE IT

- ✦ If you are already fit, then "Prove It" by passing a fitness test with a score of 80 or higher.
- ✦ Use the form to record your score.

