

Move with the Mayor™ Physical Activity Challenge Tracker

Fill in a circle for each 30 minutes of physical activity.

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MOVE

WITH THE

MAYOR™

Get your 150 minutes of movement in a week!

Ways to be active:



Do morning stretches or yoga



Take your furry friend for a walk around the block



Play active games that you love



Explore city parks and trails



Jump rope (with or without a rope) or just skip



Take a walk before or after dinner



Ride your bike



Turn commercial breaks into fitness breaks when you're watching tv



30 seconds of jumping jacks



Take the stairs



Run in place or go for a run in the neighborhood



See how many squats you can do in 1 minute



5-10 lunges on your right leg then on your left leg



Plant and tend to a garden



Grocery shopping



Incorporate stretch breaks into your work day



Impromptu dance party

Post your activities on social media using the hashtags: **#MoveWithTheMayor & #ActivePeople**

30 minutes a day of physical activity will help lower your risk of heart disease.