Move with the Mayor™ Physical Activity Challenge Tracker

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

bit.do/mwtm
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
- 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
- Grocery shopping
- Incorporate stretch breaks into your work day
- Impromptu dance party
- Plant and tend to a garden
- Take the stairs

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.