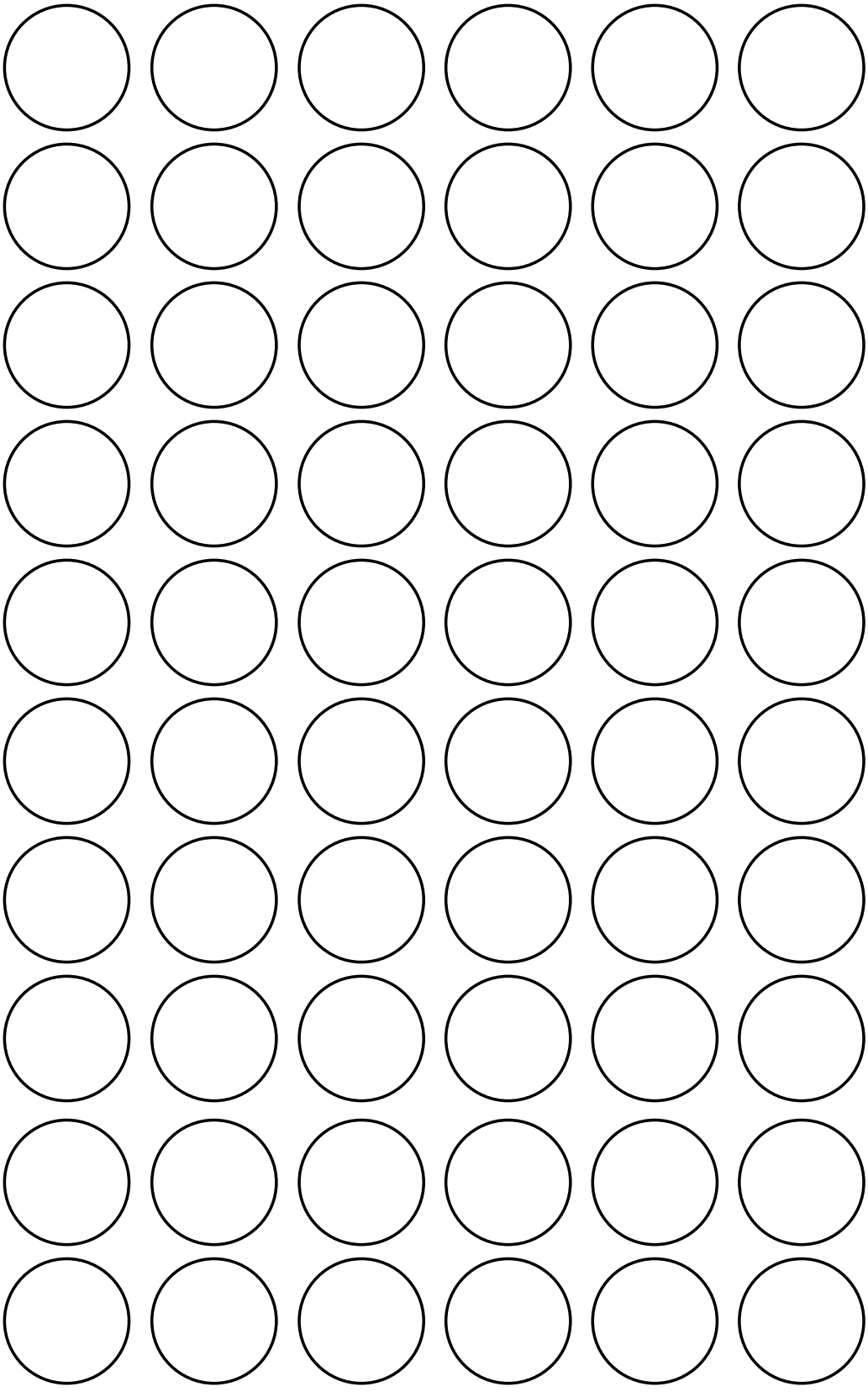
MOVE WITH THE MAYOR

Physical Activity and Social Connectivity Tracker

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



NATIONAL FORUM
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nationalforum.org/connect-with-mwtm

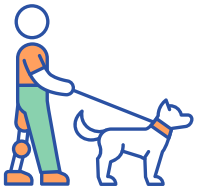
MOVE WITH THE MAYOR

Connect and move more!

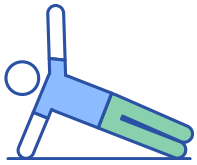
Here are 14 activities you can enjoy with family, friends, co-workers or others in the community.



Play a team sport.



Take your furry friend for a walk around the block .



Exercise during a group fitness class like stretch and tone, yoga or Zumba.



Complete a cycling, running, or walking event.



Explore the city by taking a walking tour or visiting a park.



Swim in the public pool.



Play a game involving acting out clues or moving around.



Do a fun activity with family like flying a kite.



Go on a hike.



Complete a workout at the gym.



Play outside with your kids.



Attend a virtual fitness class or follow a workout video.



Take a walk with family before or after dinner.



Volunteer for a community service project that requires physical labor like cleaning, gardening, or painting.

Engaging in physical activity with others can provide even greater mental health benefits than working out alone.

Post your activities on social media using the hashtags: #MoveWithTheMayor and #MWTMForMentalHealth

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