

Do you have an active lifestyle?

Aren't fitness workouts and active lifestyle the same thing? **No.** The minimum physical activity guideline is only **75 minutes** per week of vigorous activity or **150 minutes** moderate activity. This may sound like a lot of activity until you consider that a week is over **10,000** minutes long. In the modern world it is possible to be aerobically fit while being otherwise very inactive.

By comparison, someone who just walks his dog twice a day for 30 minutes is getting an impressive **420 minutes** of activity per week. Recognizing easy ways to improve lifestyle physical activity has profound implications for health and body fat management. Take the Challenge!

4 X 10 Challenge Instructions

The challenge is to accumulate at least four bouts of walking every day for two weeks. Each bout of walking must be at least 10 minutes in duration (See example on reverse side).

Turn in your completed form to receive tote bag with health materials while supplies last.

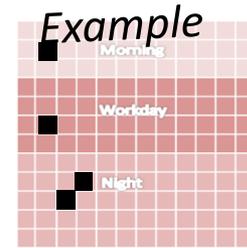
- February 10th, 11 a.m.-12 p.m. Building 81H NAVSTA Health Promotion Office
- February 11th^h, 11 a.m.-12 p.m. Hospital Bldg 134 C121 Fitness Room



4 X 10 Challenge

New Year New You

Track your 10-minute walks for two weeks.



Week 1 January 25- January 29, 2106

Personal daily goal this week _____

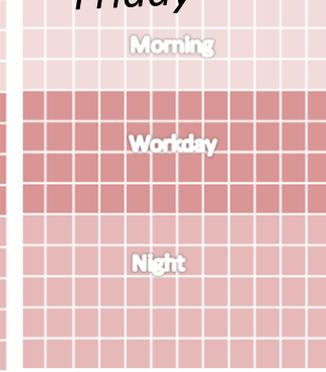
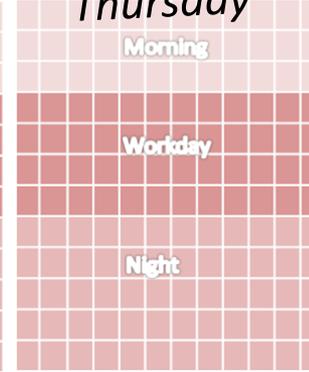
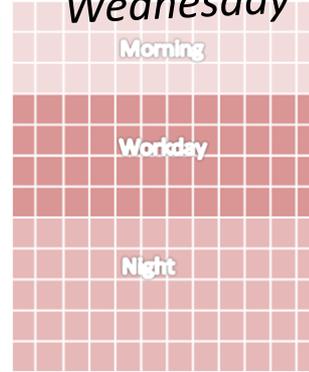
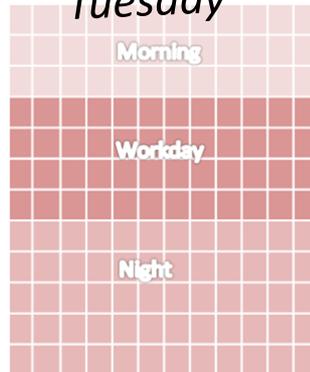
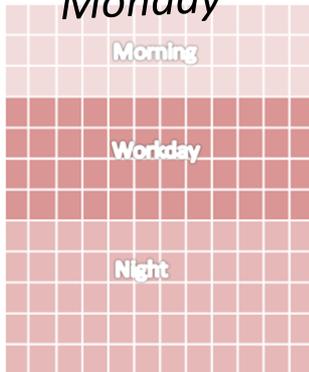
Monday

Tuesday

Wednesday

Thursday

Friday



Week 2 February 1-February 5, 2106

Personal daily goal this week _____

Monday

Tuesday

Wednesday

Thursday

Friday

