“Sprummer Strong” Wellness Challenge

The goal is simple: get active and enjoy the season. The American Heart Association recommends at least 150 minutes of moderate-intensity or vigorous-intensity activity each week (about 30 minutes a day, five days a week).

Moderate Intensity Exercises:

- Brisk walking
- Casual biking
- House cleaning, gardening, yard work
- Easy swimming
- Yoga
- Dancing
- Hiking at a moderate pace
- Simple Sports

Vigorous-Intensity Outdoor Activities:

- Running or jogging
- Fast cycling or spin classes
- Lap swimming
- Kickboxing
- Uphill hiking
- Circuit training or Boot-Camp style workouts
- Playing competitive sports (soccer, basketball, etc.)

Challenge Goal (Next 2 Months):

Complete 75% of challenge by exercising for 30 minutes on at least 33 days or reaching 980 total minutes of movement over that time.
You can choose to track your progress by minutes or by days—whichever works best for you. Check out the examples above for ideas to help you reach your movement goals!

BYU Employee Wellness
FOR FACULTY, STAFF, & SPOUSES

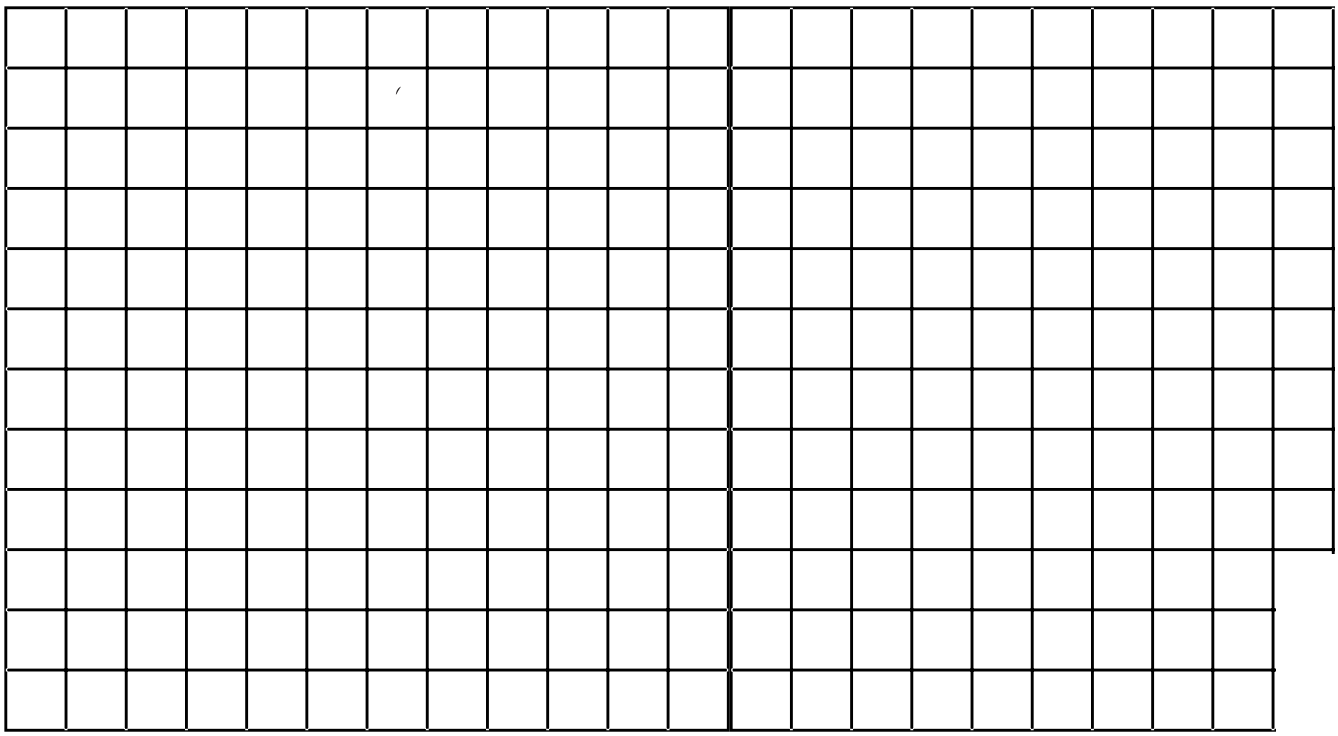
BYU Employee Wellness

FOR FACULTY, STAFF, & SPOUSES

“Sprummer Strong” Wellness Challenge

(Minutes Tracker: exercise for at least 980 minutes (75%) or a total of 1,305 minutes over the course of the next few months. Each square represents 5 minutes)

5 min



(These squares represent the total minutes you could accumulate: 1,305)