

“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!

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Wellness Challenge

(Day Tracker: exercise for 30 minutes for at least 33 days)



75%

