

## 2023 Medical Fitness Week Challenge Card

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Choose location: South Bend \_\_\_\_\_ Granger \_\_\_\_\_ Elkhart \_\_\_\_\_ Three Rivers \_\_\_\_\_

Your goal is to move at least 150 minutes this week!

Complete one row or column of activity challenges. Exercises do not have to be completed in order.

**Complete one square per day and date when accomplished.**

M O V E 1 5 0

Walk 30 minutes	Any Group Exercise Class 30 - 60 minutes	Stretch 10 minutes	Bike 20 minutes	Elliptical 15 minutes	Walk 30 minutes	Any Cardio 20 minutes
Swim 20 minutes	Strength Train 15 minutes	Bike 20 minutes	Any Cardio 20 minutes	Walk 30 minutes	Strength Train 20 minutes	Any Group Exercise Class 30-60 minutes
Stretch 10 minutes	Bike 20 minutes	Strength Train 20 minutes	Walk 15 minutes	Insert your facility special event or class	Elliptical 30 minutes	Strength Train 20 minutes
Bike 40 minutes	Elliptical or Crossover 15 minutes	Walk 20 minutes	<b>BONUS</b> Eat 2 Fruits & 2 Veggies Today	Any Cardio 20 minutes	Walk 30 minutes	Any Cardio 30 minutes
Any Cardio 20 minutes	Zumba or Walk 45 minutes	Elliptical or Crossover 30 minutes	Bike 20 minutes	Strength Train 15 minutes	Core Work 10 minutes	Stretch 10 minutes
Any Group Exercise Class or Walk 30 minutes	Core Work 10 minutes	Bike 30 minutes	Strength Train 20 minutes	Any Group Exercise Class 30-60 minutes	Bike 15 minutes	Strength Train 15 minutes
Strength Train 20 minutes	Elliptical 15 minutes	Walk 15 minutes	Any Group Exercise Class 45-60 minutes	Strength Train 20 minutes	Any Cardio 20 minutes	Walk 15 minutes

Turn in completed card at the front desk by Thursday, May 18, 2023.

**Tips:**

- 1) If you like to swim, try Row 2 – swimming counts as “any cardio” and water aerobics counts for group class.
- 3) If the cardio equipment listed is unavailable, you may substitute another cardio machine.