## MOTIVATION.

EXPERTS SAY WE SHOULD GET AT LEAST 30

LOG 30 MINUTES OF EXERCISE!

MONDAY FEBRUARY 7TH – FEBRUARY 25TH





- FIT TIP: LISTENING TO MUSIC MAKES EXERCISE FEEL EASIER AND BOOSTS YOUR
- MINUTES OF MODERATE-INTENSITY EXERCISE 5 DAYS A WEEK – SO SWEAT ON!

15 DAYS OF EXERCISE



## GO RED IN FEB HEART HEALTHY ALL MONTH! YOUR MENU

- FEB 1 MEDITERRANEAN DIET
- FEB 4 WEAR RED FOR YOUR
- TAKE 5 MINUTES TO DANCE
- SKIP THE ELEVATOR
- SWEAT FOR 15 DAYS
- BYO LUNCH

## **Learn More About National Wear Red Day**

## LOG IT WOO!



