



To maintain and improve health, it is recommended that we all get 30 minutes of moderate physical activity on most, if not all, days of the week. *Get Moving! Winooski* can help you be active, no matter what your fitness level or ability. All it takes is a few simple steps:

1. Choose an Activity

- Try gardening, biking, swimming, dancing, or pushing your wheelchair.
- Get your breathing or heart rate up while doing it (be sure to talk to your doctor before beginning any exercise program).
- Walking is a great activity for many people to start with.

2. Set a Goal

- Track how active you are now.
- Set a goal to do a little more each week.
- Set a long term goal: 30 minutes of activity per day, 5 or more days per week (can be done in 10 or 15 minute blocks).

3. Get Active!

Once you choose an activity and set your goal, Get Moving!

- Encourage family members, friends, or co-workers to join you.
- Be sure to write down your daily activity.
- Use the *Get Moving Winooski* Tracking Sheet.

4. Earn Your Award

- As you complete each six week program, mail in your completed Tracking Sheet to Parks and Recreation to receive your award
- Be entered to win drawings for great prizes with each sheet you turn in and for joining Get Moving, Winooski

Congratulate yourself for taking such an important step toward improving your health and keep going!

You can do it!

It's that easy!

Start today!

