



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 Vermont* 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 Vermont* Tracking Sheet.

### 4. Earn Your Award

- When you complete the twelve week program, mail in your completed Tracking Sheet.
- Receive a Recognition Certificate from the Governor after submitting your first sheet, a Governor's Fitness Challenge Pin after submitting your second sheet, and a free T-shirt after submitting your third sheet.

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!**



# Get Moving Vermont Tracking Sheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

In each box, record the total number of minutes you were active that day. Feel free to note what activity you did.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Date:							
<b>2</b> Date:							
<b>3</b> Date:							
<b>4</b> Date:							
<b>5</b> Date:							
<b>6</b> Date:							
<b>7</b> Date:							
<b>8</b> Date:							
<b>9</b> Date:							
<b>10</b> Date:							
<b>11</b> Date:							
<b>12</b> Date:							

You will receive a Recognition Certificate signed by the Governor after submitting your first sheet, a Governors Fitness Challenge Pin after submitting your second sheet and a free T-shirt after submitting your third sheet.

Mail completed Tacking Sheets to: Get Moving Vermont, Vermont Department of Health, Office of Health Improvement, PO Box 70, Burlington, VT 05402