

Track your daily activity with this calendar. **You must complete at least 3 exercise segments per week to qualify for monthly monetary bonus**

Sunday, Jan 28th	Monday, Jan 29th	Tuesday, Jan 30th	Wednesday, Jan 31	Thursday, Feb 1st	Friday, Feb 2nd	Saturday, Feb 3rd
<i>Feb-04</i>	<i>Feb-05</i>	<i>Feb-06</i>	<i>Feb-07</i>	<i>Feb-08</i>	<i>Feb-09</i>	<i>Feb-10</i>
<i>Feb-11</i>	<i>Feb-12</i>	<i>Feb-13</i>	<i>Feb-14</i>	<i>Feb-15</i>	<i>Feb-16</i>	<i>Feb-17</i>
<i>Feb-18</i>	<i>Feb-19</i>	<i>Feb-20</i>	<i>Feb-21</i>	<i>Feb-22</i>	<i>Feb-23</i>	<i>Feb-24</i>
<i>Feb-25</i>	<i>Feb-26</i>	<i>Feb-27</i>	<i>Feb-28</i>			

- Approved aerobic activity:
- \*brisk walking
  - \*hiking
  - \*running
  - \*machine-based
  - \*swimming
  - \*outdoor cycling
  - \*roller skating
  - \*rope skipping
  - stair climbing
  - \* tennis
  - \*rowing
  - \*wall or rock
  - \*water aerobics
  - \*cardioglidle
  - \* Play actively with
  - \*stationary cycling
  - climbing
  - \*step aerobics
  - machine
  - your children for 30
  - \*ice hockey
  - \*aerobic dancing
  - \* low impact
  - \*elliptical trainers
  - minutes
  - \*ice skating
  - \*cross-country
  - aerobics
  - \*Taebo
  - \*feel
  - \*roller blading
  - skiing
  - \*spinning classes
  - (kickboxing)
  - free to ask for
  - more ideas...

The Center for Disease Control and Prevention, American College of Sports Medicine, and the American Heart Association recommend that every adult should accumulate 30 minutes or more of moderate - intensity aerobic activity on most days of the week. To gain health benefits, you should accumulate the recommended 30 minutes of activity in at least 10 minute intervals.

Aerobic activity strengthens your hear, increase the good cholesterol in your body, increase the speed at which you burn calories, help you burn fat, help you cope with stress, strengthen your immune system, and can even improve your ability to fall asleep quickly and sleep well! So how often should you exercise, how hard, and how long? It is very easy to just remember the "F.I.T. Principle."

- Frequency**  
3 to 5 times a week
- Intensity**  
60 to 85% of max target heart range
- Time**  
30 to 60 minutes

Remember to **Warm Up** which lowers the risk of injury, the **Aerobic Conditioning** should be rhythmic in nature and use major muscle groups, the **Cool Down** continues exercise while you gradually decrease to a low intensity preventing dizziness, fainting, and delays muscle soreness. So perform the cool down by using several flexibility exercises. Hold the stretch.... Don't bounce!