

# Active for Life

## Spring 2024 Log



### What kind of activities count?

Moderate to vigorous physical activity counts in Active for Life. Moderate activity includes things like walking, gardening, dancing, or yard work – anything that makes you breathe as hard as you would during a brisk walk. Vigorous activities include things like jogging, running, or aerobics – anything that makes you breathe as hard as you would while running. Both types of activity have benefits, and both count. Do what you enjoy.

### Plan for success: Set an attainable goal!

Try to challenge yourself enough so that you will notice positive improvements in your physical activity, but not so much that you will not be successful. If you are not regularly active, set a goal that encourages you to gradually increase your activity. If you are very active, set a goal that helps you maintain your current levels, or challenges you to do a bit more. For health benefits work toward at least 30 minutes of moderate physical activity on 5 or more days/week (= 150 minutes/ week or more), or 75 minutes or more/week of vigorous activity. Be safe and realistic when setting your goal. If you have not been exercising, nothing is wrong with starting with doing just 10-minutes/ day. That is 70 minutes more a week than you were doing before! Notice improved energy with being more active.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, reach out to [jeanette.roberts@parkview.com](mailto:jeanette.roberts@parkview.com) and we will work with you to develop another way to qualify for the reward.

### Goal-Setting Form

Use this form to set your Active for Life goal. Each minute of activity equals one point.

#### Over the 4 weeks of Active for Life:

How many minutes of moderate-vigorous physical activity do you expect to complete on a day you are active?

\_\_\_\_\_ Minutes

How many days per week do you expect to engage in physical activity?

\_\_\_\_\_ Days

To calculate your weekly point goal, multiply your response to question 1 by your response to question 2.

\_\_\_\_\_ Weekly Points

Multiply your weekly goal by 4 to get your total point goal for Active for Life.

\_\_\_\_\_ TOTAL POINT GOAL- place your goal on the tracking log on next page(over).



## Active for Life Tracking Log

**CONSENT:** I understand that this physical activity program is an effort to improve the overall health of the participants. In return for the privilege of participating in this program, I agree to waive and release Parkview Health from any illness or injury suffered by me related to my participation in this physical activity program.

**Name/consent signature:** \_\_\_\_\_ **Total Point Goal:** \_\_\_\_\_

Record your points on this form. You get one point for every minute of activity.

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Pts
1	4/15								
2	4/22								
3	4/29								
4	5/6								

**Your NACS building:** \_\_\_\_\_ **Total Points completed:** \_\_\_\_\_

Complete your total personal goal points and submit your tracking log via email to [jeanette.roberts@parkview.com](mailto:jeanette.roberts@parkview.com) or to the NACS Clinic by noon on May 21<sup>st</sup>, 2024 to be eligible for a drawing of a multicolor pot of flowers.



This is a sample picture, actual pot may differ.