



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
1 Date:							
2 Date:							
3 Date:							
4 Date:							
5 Date:							
6 Date:							
7 Date:							
8 Date:							
9 Date:							
10 Date:							
11 Date:							
12 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. Please indicate t-shirt size: S M L XL

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