



# CHALLENGE 150

**THE GOAL:** 150 minutes of physical activity each week

This LivEZ series focuses on getting you out and active for at least 150 minutes each week. Staying active is so important to your physical and mental health; decreases blood pressure, lowers your chance for a heart attack or stroke, and

improves your mood! All it takes is 2% of your day, that's only 25 minutes!

**Challenge:** Track the minutes of exercise and activity each day by writing in the calendar below. Aim to get a minimum of 150 minutes or more each week this month.

## IT'S SIMPLE TO GET MOVING

Physical activity can be almost anything. There is no better way to start making healthy changes in your life than to get up and move! Check out all the ways you can get physical today, and help yourself live a fuller life!

- Walking
- Mountain biking
- Road biking
- Swimming
- Tennis
- Water aerobics
- Playing basketball
- Dancing
- Aerobics class
- Talking a walk over your lunch break

If you are on the HealthEZ health plan, submit your challenge booklet to [LivEZ@HealthEZ.com](mailto:LivEZ@HealthEZ.com)  
For any questions call the LivEZ team at 1-800-948-8824

Name: \_\_\_\_\_

Subscriber ID: \_\_\_\_\_

Week One:

Activity:

Activity:

Activity:

Activity:

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Activity:

Minutes:

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Week Two:

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Week Three:

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Week Four:

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