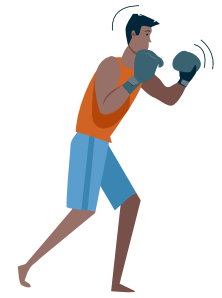


# Four-week Challenge

Being active and moving your body is one way to create better health. By following these tips and activities over the next four weeks, you will make healthy choices that will support healthy habits. Make sure to consult with your healthcare provider when beginning a new exercise routine.



Write down why you would like to be more active and reflect on your "why" during the challenge.	Move your body for two minutes before you brush your teeth (dance, sit-ups, stretch, etc.).	Park in one of the stalls furthest from building entrances to add more steps to your day.	Move more as you do a chore (dance while sweeping, squats during yard work).	Wake up 10 minutes earlier than usual to stretch or do yoga.	Free day to relax or make up a day you missed.	Determine when it is easiest to add physical activity to your day.
Try out a new kind of workout (a class, video from the library, or YouTube).	Play an active game or sport you liked as a kid or teen.	Explore your community by going on a new hike or taking a new walking route.	Move more as you do something you enjoy (walk as you listen to a podcast/audiobook or take photos).	Try out a "Sweatin' Saturday" workout from <b>CreateBetterHealth.org</b>	Free day to relax or make up a day you missed.	Identify a favorite way to move that you can do regularly.
Invite a friend, co-worker, or family member to go for a walk with you.	Meet virtually or in-person with a friend and try their favorite workout.	Share one of your favorite ways to be active on social media and ask your friends what they like to do.	Look for any free workout classes or groups in your community.	Choose a fun physical activity for a date night with your partner, child, or friend.	Free day to relax or make up a day you missed.	Find a workout buddy and make plans to regularly meet to exercise together.
Decide when you will be active this week. Set an appointment with yourself (and workout buddy).	Plan how you can do 30 minutes of aerobic activity for five days each week. Do your favorite aerobic activity for 30 minutes today.	Consider how you can do resistance training at least two times a week. Do your favorite resistance exercises today.	Make a goal to do stretches and balance exercises every day. Do your favorite yoga or stretch routine today.	What physical activity makes you feel great? Reward yourself by doing it today.	Share your experience completing this challenge and your favorite way to move more with your Create Better Health Ambassador.	Congratulations! You've done it. Celebrate all the healthy choices you made!

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