

# The Get Active

## Challenge



Name

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County

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Email/Phone (for prize)

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# About the Challenge

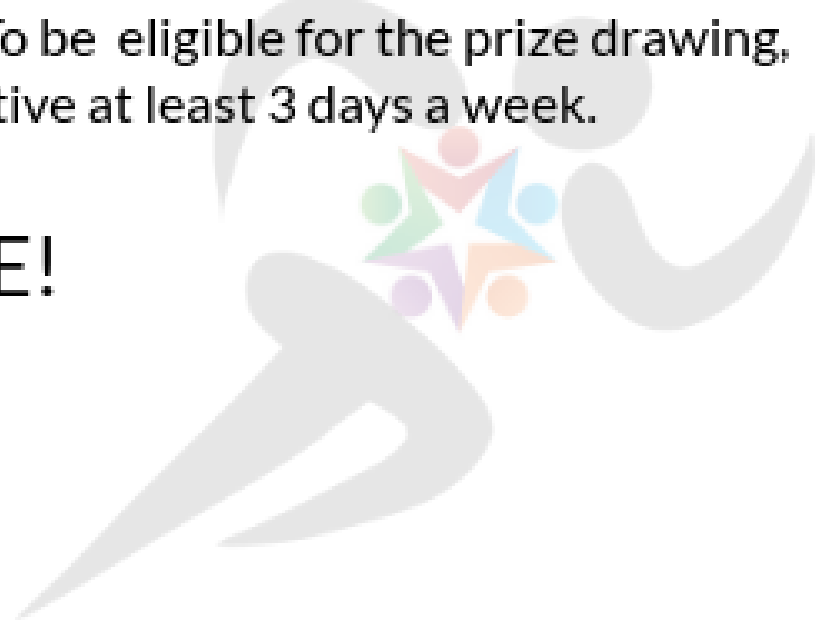
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The Get Active Challenge is meant to encourage engaging in physical activity that fits into your lifestyle, whatever that may be. Examples of physical activity include walking, dancing, climbing stairs, or any other movement that increases your heart rate. Take this opportunity to make getting healthy fun!

There will be PRIZE awards for the participants who complete the log and turn it into their local health department at the end of the five-week challenge.

Use the following pages to log your time doing physical activity each day. To be eligible for the prize drawing, you should Get Active at least 3 days a week.

**GET ACTIVE!**



## Weekly Physical Activity Log

Record your daily active minutes in the log below. Active minutes refer to any type of activity that elevates your heart rate. Give a one word description of the activity, ex: run, walk, dance. Get active!

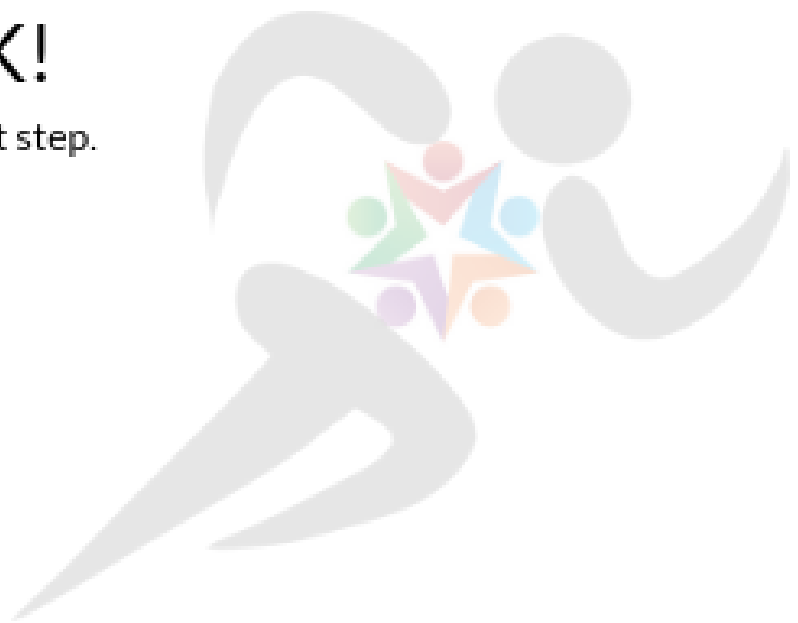
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1							
WEEK 2							
WEEK 3							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 4							
WEEK 5							

**NICE WORK!**

Turn the page for the next step.



## Total Physical Activity

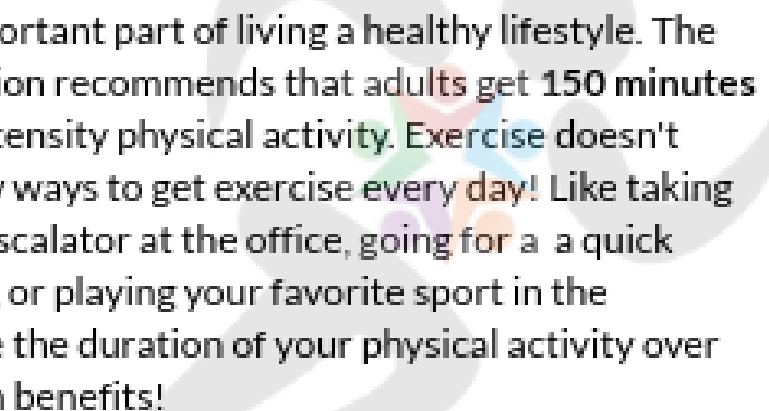
Add up your weekly active minutes and put the totals here.  
Good work!

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Week 1	Week 2	Week 3	Week 4	Week 5

## Why Get Active?

Physical activity is an important part of living a healthy lifestyle. The American Heart Association recommends that adults get **150 minutes per week** of moderate-intensity physical activity. Exercise doesn't have to be hard. Find easy ways to get exercise every day! Like taking the stairs instead of the escalator at the office, going for a quick walk on your lunch break, or playing your favorite sport in the backyard. Slowly increase the duration of your physical activity over time for even more health benefits!



# *A Call to Action- For you!*

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## **How can you be involved in improving your community with BRIGHT?**

The BRIGHT Coalition would like to invite all community members who are passionate about improving health outcomes within the Barren River Area Development District to join us as we embark upon this three-year mission to improve health outcomes, minimize health disparities, increase overall health service quality, and educate the regional population about elevating their quality of health.

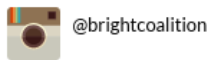
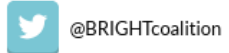
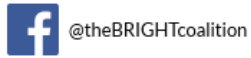
BRIGHT currently operates with four stakeholder work-groups: Healthy Lifestyle, Health Services, Health Equity, and Healthy Environment. The Healthy Lifestyle work-group focuses on improving health behaviors such as tobacco use, diet and exercise, alcohol and drug use, and sexual activity. The Health Services work-group seeks to improve the quality of care and access to care for our regional citizens. The Health Equity work-group looks to minimize disparities in education, employment, income, family and social support, and community safety. The Healthy Environment work-group addresses housing and transportation issues within the region, as well as making the environment we live, work, and play in healthier. Information on meeting dates and times are posted on the BRIGHT website at [www.brightcoalition.org](http://www.brightcoalition.org).

Please reach out to us if you have any questions!





Follow us on the web at [www.brightcoalition.org](http://www.brightcoalition.org)  
and on social media at



Copies of Get Active Challenge booklets can be found at your  
county health department!

