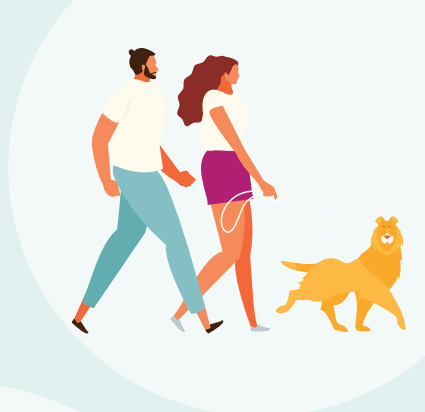


# 10-Day *Move More* Challenge



Walking your dog, taking a swim or arm cycling are just a few activities that will help you get your daily movement in. These activities allow you to spend time outdoors, explore new places and practice mindfulness.

It's recommended to get **150 minutes** of movement in each week, but if you're new to exercise, set a goal that is challenging yet realistic for your lifestyle. As you move more during these next 10 days, look for new and fun ways to get active such as finding a walking buddy, listening to a podcast, or simply appreciating a change in scenery.

Use the following tracker to record your steps or active minutes each day.



**Please note:** Everyone should consult with their doctor before starting an exercise routine.

## Instructions:

For this challenge, you set the goal! Whether that's 10,000 steps a day or 10 minutes of movement a day. Everyone's starting line looks different.



**GOAL**

DAY	1	2	3	4	5	6	7	8	9	10	TOTAL
MINUTES											

## Connect with a health coach – just for you!

Eligible members can work confidentially with a health coach, at no extra cost, to set sustainable health goals and move toward them in ways that work best for you. You'll better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. To learn more, email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com) or call 800-913-4957.