



It's time for our Spring Activity Challenge!

What better way to celebrate spring and national employee health & fitness month (May) than with a friendly challenge?!

The Goal?? Move at least 30 minutes/day 5 days a week (that's only 150 minutes per week!) for 6 weeks

Start Date?? **Monday, April 23**

End Date?? **Sunday, June 3**

How?? Go to <http://healthnewengland.org/wellness/physical-activity>

Click on "Get Up and Move Challenge"

Read "Program Materials"

Print out "Tracking Sheet"

Start logging your exercise time on Monday, April 23, continuing through Sunday, June 3

Prizes?? Everyone who turns in their completed tracking sheet* by June 11 will be entered into a raffle for **Fit bit zip pedometers!**

*Please scan and email your tracking sheet to lyn@scantichealth.org OR mail to

Lyn Fioravanti

SVRHT Wellness Program

240 Springfield Street

Wilbraham, MA 01095

All municipal employees and retirees in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in this activity challenge. Let's get up and move!!!



Scantic Valley Regional Health Trust