

I successfully completed this goal.  
This is what I did:

**GetFIT Helpful Connections - Take a 10-15 Minute Activity Break**

**Take the dog** for a quick walk down the road or a 10-minute game of run and fetch. Yes, you also run with the dog!

**Walk up and down** the stairs during TV commercials.

**Weed a small** patch of your garden.

**Do a routine** or two with your favorite exercise program on TV.

**Walk your children** to the bus stop (or to school!).

**Take a stretch** break during work meetings.

**Teachers - Build 10-minute** stretching breaks into your classroom classes. Have students spell, answer questions, or do math problems while stretching.

**Take a computer** break and stretch your legs. Employ an exercise physiologist to deliver a class at your worksite on chair exercises.

Name \_\_\_\_\_

Date \_\_\_\_\_

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