



Workout Warrior

April 1st- April 30th/ Worth 2 wellness point

GET ACTIVE! Running reduces your risk of developing heart disease, high blood pressure, diabetes, several types of cancer, and even the common cold. It improves your cardiorespiratory health, making it easier to do everyday tasks such as climbing stairs or keeping up with an active child. And if it's weight you're worried about, running can burn that excess body fat and create a leaner you!

For each day that you accomplish one of these activities below cross out the box that you accomplished.

	<u>Day one</u>	<u>Day Two</u>	<u>Day Three</u>	<u>Day Four</u>	<u>Day Five</u>	<u>Day six</u>	<u>Day seven</u>
Week 1	Walk 15 MIN Run 2 Walk 4	Walk 5 min. Run 5 (Repeat for a total of 30 min.) Walk 5	Walk 15 MIN Run 2 Walk 4	Walk 5 min. Run 5 (Repeat for a total of 30 min.) Walk 5	Walk 15 MIN Run 2 Walk 4	Walk 5 min. Run 5 (Repeat for a total of 30 min.) Walk 5	Rest
Week 2	Walk 30 min	Walk 4 min Run 6 (Repeat twice.) Walk 5	Walk 30 min	Walk 4 min Run 6 (Repeat twice.) Walk 5	Walk 30 min	Walk 4 min Run 6 (Repeat twice.) Walk 5	Rest
Week 3	Walk 30 min	Walk 4 Min Run 6 (Repeat Twice) Walk 5	Walk 5 min Run 15 Walk 5	Walk 4 Min Run 6 (Repeat Twice) Walk 5	Walk 5 min Run 15 Walk 5	Walk 4 Min Run 6 (Repeat Twice) Walk 5	Rest
Week 4	Walk 30 min	Walk 2 Min Run 1 (Repeat 9 times) Walk 5	Walk 5 min Run 15 Walk 5	Walk 2 Min Run 1 (Repeat 9 times) Walk 5	Walk 5 min Run 15 Walk 5	Walk 2 Min Run 1 (Repeat 9 times) Walk 5	Rest