**Physical Activity and Exercise Challenge**

Prize for those who choose to participate in this challenge for the next 8 weeks

* **Aerobic Exercise for minimum of 30 minutes – 3 or more days each week for 8 WEEKS**

(At a Rate of Perceived Exertion (RPE) of 5-8 or a Target Heart Rate (THR) of 115bpm - 170 bpm)

* 30 minutes of sustained exercise where your heart rate is increased, where you are breathing heavily (out of breath) but can still carry on a conversation, you are sweating during the exercise.
* Examples of aerobic exercise include; brisk walking, jogging, road biking, stationary biking, spin class, swimming, elliptical, dancing, basketball, soccer, tennis

* **Physical Activity for 30-60 minutes every day for** **8 WEEKS –** (if you did 30 minutes of aerobic exercise that day, you still need to add on 30 more minutes of physical activity to that day.)
* examples of physical activity include; walking your dog, playing in the leaves, taking a walk with a friend, yoga, weight training, karate class, outdoor or indoor heavy chores, gardening, raking leaves, throwing a Frisbee or football with a friend, walking along the beach, taking a hike at the sand dunes, badminton, volleyball, shooting hoops
* **Log each day in your Journal to show your progress**

