

February 2018

Goal: 150 Minutes of Activity Each Week. Try for 30 Minutes 5 days a week.

♥ **Tip:** Break it up into smaller increments of 15 minutes twice a day or 10 minutes three times a day

Heart Month Activity Challenge

Looking for indoor space? Local schools have hours available to the public for walking.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
♥ Get your Blood Pressure checked at one of the Senior Meal Sites on the calendar or stop by the Forest County Health Department Mon-Friday 7:30 am to 5 pm		FREE Zumba with C.J. at the Laona Elementary Tuesdays and Thursdays 6:00pm to 7:00 pm		<input type="checkbox"/> 30 Minutes Activity ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity ♥ Wear Red Day	<input type="checkbox"/> 30 Minutes Activity
4	5	6	7	8	9	10
<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity ♥ Walk with Ease Registration 10 am at the Courthouse	<input type="checkbox"/> 30 Minutes Activity ♥ Wabeno Meal Site Blood Pressure Check 11:00 am ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity ♥ Raise the Bar Fitness Center in Crandon Open House 8 am to 8 pm
11	12	13	14	15	16	17
<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity ♥ Laona Meal Site Blood Pressure Check 11:00 am	<input type="checkbox"/> 30 Minutes Activity ♥ Crandon Meal Site Blood Pressure Check 11:00 am ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity ♥ Valentine's Day	<input type="checkbox"/> 30 Minutes Activity ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity
18	19	20	21	22	23	24
<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity ♥ Armstrong Creek Blood Pressure Check 10:30 am ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity ♥ Pickle Ball Club Demo at Crandon Elementary Gym 6-8	<input type="checkbox"/> 30 Minutes Activity ♥ Alvin Meal Site Blood Pressure Check 12:00 pm ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity
25	26	27	28	Put your name and phone number on your completed calendar and return to the Health Department for a chance to win a prize!		
<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity	<input type="checkbox"/> 30 Minutes Activity ♥ Zumba 6pm Laona	<input type="checkbox"/> 30 Minutes Activity			