

# Week Five: Kick it Up a Notch!



WORKSITE WELLNESS TURKEY PROGRAM

## Solving the Puzzle of Moving More

This is your fifth and final week of the challenge. If you find that your motivation is starting to slip, here are some ideas to put the spark back into your routine.

1. Switch it up. Try something new like swimming, golf, kayaking, mountain biking, ice hockey, dancing, kick boxing...you get the idea.
2. Set a date. Charity and competitive events can be found in almost every city. Looking forward to an event date is great motivation. Sign up for a walk, run or bike event. Search for events in your community by visiting [www.Active.com](http://www.Active.com).
3. Track your progress. Keep a log or diary of your progress to stay motivated. Visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) to download a sample log.
4. Reconnect with a buddy. Engage friends and family to stay motivated. Make it a goal to invite friends or family to join you in your physical activity routine.
5. **Congratulate yourself for completing the Solving the Puzzle of Moving More challenge!**



Earn **10 bonus points** for using your newsletters to correctly complete the Solving the Puzzle of Moving More crossword.

## Weekly Activity Tips

**During week 5 remember to give yourself a point each time you complete a weekly activity tip!**

1. Find a buddy who will be active with you.
2. Walk for 30 minutes.
3. Record your activity in a log or diary.
4. When choosing a parking spot, park further away from the building.
5. Try a new type of activity.
6. Use the stairs instead of the elevator or escalator.
7. Set a goal to participate in a local charity or competitive event.