Workout Warrior

Mar 1st– Mar 31st / 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 activates below cross out the box that you accomplished.

	Day one	Day Two	Day Three	Day Four	Day Five	Day six	Day seven
Week 1	Walk 15 min. Vary your pace. Try not to stop.	Walk 5 Min. Run 1. (Repeat for a total of 17 min.) Walk 5.	Walk 15 min. Vary your pace. Try not to stop	Walk 5 Min. Run 1. (Repeat for a total of 17 min.) Walk 5.	Walk 15 min. Vary your pace. Try not to stop	Walk 5 Min. Run 1. (Repeat for a total of 17 min.) Walk 5.	**Rest**
Week 2	Walk 15 Min Run 1 Walk 2	Walk 5 min Run 3. (Repeat for a total of 21 Min.) Walk 5	Walk 15 Min Run 1 Walk 2	Walk 5 min Run 3. (Repeat for a total of 21 Min.) Walk 5	Walk 15 Min Run 1 Walk 2	Walk 5 min Run 3. (Repeat for a total of 21 Min.) Walk 5	**Rest**
Week 3	Walk 15 Min Run 1 Walk 2	Walk 6 min Run 4 (Repeat for a total of 26 min) Walk 5	Walk 15 Min Run 1 Walk 2	Walk 6 min Run 4 (Repeat for a total of 26 min) Walk 5	Walk 15 Min Run 1 Walk 2	Walk 6 min Run 4 (Repeat for a total of 26 min) Walk 5	**Rest**
Week 4	Walk 15 MIN Run 2 Walk 4	Walk 3 min Run 2 (Repeat for a total of 30 min)	Walk 15 MIN Run 2 Walk 4	Walk 3 min Run 2 (Repeat for a total of 30 min)	Walk 15 MIN Run 2 Walk 4	Walk 3 min Run 2 (Repeat for a total of 30 min)	**Rest**