

# COMMIT TO *MOVEMENT*

## AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Focus on fitness by committing to at least three activities from the list below.

- Take 10 minutes to stretch
- Try an online workout
- Explore a trail or walking path
- Go for a ride – bike, skate, blade, or scoot!
- Reach 7,500 steps/day

