

# Be Fit. Employee Wellness

5 Week Challenge | May 18 - June 22



**30 minutes. 5 days per week.**

## CHOOSE A PROGRAM

**Beginner:** Work up to 5 days of exercise per week for 30 minutes. Start with 1 day per week. Add a day each week of the challenge.

**Advanced:** Exercise 5 days per week for 30 minutes.

## WIN A PRIZE

Each week that you meet your programs exercise goal, you will be entered into a drawing for an IPOD Shuffle. Do this all 5 weeks and you will be entered into a Grand Prize Drawing for a TREK BIKE!

**RECEIVE TIPS** on the different components of fitness including Strength Training, Cardio, Flexibility, and Maintenance.

**TO REGISTER** or get more details, employees may contact Mandi Weis, Wellness Coordinator, at 288-4581 or [mandi.weis@marquette.edu](mailto:mandi.weis@marquette.edu). You may also register at the Life Takes Strength Seminar.

Exercise should be at a moderate intensity. This means that you are working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease. Go to Physical Activity Guidelines, under Health Topics on the Employee Wellness Website for more information.