

# EXERCISE LOG



## Earn 2 Points for 1200 Minutes of Exercise Each Quarter

1. Select an enjoyable activity(s). Suggestions are listed on the following page.
2. Earns points by participating in *intentional* exercise requiring moderate to high intensity physical activity at least 1200 minutes per quarter. Quarters are July-September, October-December, January-March, and April-May (the last quarter will require at least 800 minutes as logs are due early June).
  - It is recommended that adults participate in intentional physical activity for at least 30 minutes most days of the week. (ex. 30 minutes/day, 5 days a week)
  - 30 minutes can be broken up throughout the day
3. Points awarded are based on quarters. 2 points may be earned for each quarter that you accumulate a minimum of 1200 minutes of exercise.
4. Keep record of your activity on the log provided. Information that **MUST** be on the log includes name, department, phone number and daily documentation of the type of physical activity and total number of minutes for the activity (if you have multiple activities for one day, list all activities and the day's total minutes in the space provided). The Physical Activity Log will total your weekly and quarterly total of minutes for you.
5. Sign and date completed log affirming you fulfilled the requirements.
6. At the end of each quarter submit completed logs via interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center. *Exercise Logs due dates are listed on each log*. Participants with the most minutes of exercise each quarter will receive a \$50 Visa gift card.
7. The program runs from July 1, 2017 through May 31, 2018. You can join in at any time and stop/start as many times as you like.
8. Logs from the last quarter period are due no later than Monday, June 1, 2018.
9. Additional logs can be found on the Well@Work section of the Jackson County website [jacksonnc.org/well-at-work.html](http://jacksonnc.org/well-at-work.html)
10. Questions? Please contact the Well@Work team at [wellatwork@jacksonnc.org](mailto:wellatwork@jacksonnc.org) or **Human Resources** at **828-631-2212**.

# EXERCISE SUGGESTIONS



The following activities are only suggestions. You may use any exercise or combination of activities to accumulate your 1200 minutes per quarter.

- Aerobic Dance
- Backpacking
- Badminton
- Baseball
- Basketball
- Bicycling
- Bowling
- Calisthenics
- Canoe/Kayak
- Dancing
- Disc Sports
- Fencing
- Football
- Golf (*No Golf Carts May Be Used*)
- Group Exercise
- Gymnastics
- Handball
- Horseshoe Pitching
- Ice Hockey
- Ice Skating
- In-Line Skating
- Jogging
- Lawn Bowling
- Lawn Mowing (*Walk Behind Only*)
- Mall Walking at Brisk Pace (*Not casual shopping*)
- Martial Arts
- Nautilus
- Officiating
- Racquetball
- Roller Skating
- Rope Skipping
- Rowing
- Rugby
- Running
- Scuba-Skin Diving
- Snow Skiing
- Snow Shoveling
- Soccer
- Softball
- Squash
- Stair Climbing
- Swimming
- Tai Chi
- Table Tennis
- Tennis
- Volleyball
- Walking
- Volleyball
- Water Aerobics
- Water Skiing
- Weight Training
- Wheelchair Physical Activities
- Woodcutting
- Wrestling
- Yoga