

Summer of Wellness

GET MOVING



JULY CHALLENGE

Take some time out of your day to move around.

Whether it is engaging in an organized sport or going to the gym, there are so many ways to enjoy physical activity. Record any type of physical activity that you have done for that day.

	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			

Submit for prizes by emailing a photo or scan to knews@ketteringhealth.org
Find more info at knewsmobile.com