



Starts Monday, September 4th

It is recommended that adults engage in at least **150 minutes** of moderate-intensity aerobic activity per week. Additionally, adults should participate in **2 muscle-strengthening activities** weekly.

Moderate-intensity aerobic activity includes anything that gets your heart beating faster. Examples include walking, dancing, biking, gardening, swimming, aerobics, sports, backyard games, etc.

Muscle-strengthening activities are activities that make your muscles work harder than usual. This may include climbing stairs, heavy gardening (digging and shoveling), weight lifting, bodyweight exercises (squats, push-ups, planks, water aerobics, etc.

How to Participate: Commit to Be Fit is challenging the entire Rapp community to take our 150 Challenge. **To participate, complete a minimum of 150 minutes per week for 4 weeks (September 4th – October 1st).** The 150 minutes should include at least 2 muscle-strengthening activities. For example, climbing stairs counts towards your total minutes and is considered a muscle-strengthening activity. *RCPS staff- if you are participating in the Superintendent's Physical Activity Award Challenge, you are automatically eligible for this challenge as well!*

How to Enter Prize Drawing: Turn in your completed activity logs to c2bf@rappahannockschoools.us (or drop off at the school board office) **by October 5th**. Everyone who submits a completed activity log with 150 minutes per week will be entered into our prize drawing! One lucky winner will receive a C2BF duffle bag!

Name (please print): _____

Week 1	Activity	Minutes
Mon. Sept. 4		
Tues. Sept. 5		
Wed. Sept. 6		
Thurs. Sept. 7		
Fri. Sept. 8		
Sat. Sept. 9		
Sun. Sept. 10		
		Total:

Week 2	Activity	Minutes
Mon. Sept. 11		
Tues. Sept. 12		
Wed. Sept. 13		
Thurs. Sept. 14		
Fri. Sept. 15		
Sat. Sept. 16		
Sun. Sept. 17		
		Total:

Week 3	Activity	Minutes
Mon. Sept. 18		
Tues. Sept. 19		
Wed. Sept. 20		
Thurs. Sept. 21		
Fri. Sept. 22		
Sat. Sept. 23		
Sun. Sept. 24		
		Total:

Week 4	Activity	Minutes
Mon. Sept. 25		
Tues. Sept. 26		
Wed. Sept. 27		
Thurs. Sept. 28		
Fri. Sept. 29		
Sat. Sept. 30		
Sun. Oct. 1st		
		Total:

Turn in your completed activity logs to c2bf@rappahannockschoools.us (or drop off at school board office) **by October 5th** to be entered into our prize drawing.