MOVE WITH THE MAYOR™

Track your MOVES during the month of September for a chance to win a $100 gift card to Hy-Vee, Fresh Thyme or People's Food Coop!

Here Is How to Enter:

1. Take an Activity Log home with you.

2. Color in the days you and/or your family move for more than 30 minutes.

3. Drop off, mail or scan and email your completed activity sheet by **October 5th** for a chance to win a $100 gift card.

Mail or drop off at:
201 4th Street SE
Room 281, City Hall
Rochester, Mn 55904

Scan & email:
communications@rochestermn.gov

Visit: www.rochestermn.gov/government/office-of-the-mayor for more information.

September Activity Log | Color in all of the days you moved for 30 minutes or more.

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			

Name: _____

Phone Number: _____ **Email:** _____

Participating Grocery Stores:

Hy-Vee

Fresh Thyme Farmers Market — Healthy Food. Healthy Values.

People's Food Co-op

Print Sponsor:

Davies Printing Company

American Heart Association.

25 WAYS TO GET MOVING AT HOME

1. Run in place for 30 seconds

2. Dance party for 1 minute

3. Stand up and sit down 10 times

4. Read standing up

5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6. Jumping jacks for 30 seconds

7. Do the hokey pokey

8. See how many squats you can do in 15 seconds

9. Stand up, touch your toes

10. Wall sits while reading

11. One-minute yoga

12. Stretch your hands high over your head

13. Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14. 10 frog jumps

15. Standing mountain climbers for 30 seconds

16. Stand on one leg, put your hands up, put your hands out to the side

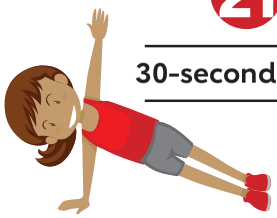
17. 5 lunges on the right leg, 5 lunges on the left leg

ABC

18. Practice spelling, do a squat for every vowel

19. Run in place for 30 seconds, check your heart rate

20. Practice spelling by doing a jumping jack for each letter



21. 30-second plank

22. Practice math problems, do a jumping jack every time the answer is an even number

23. 20 leg lifts

24. Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25. High knees for 30 seconds

heart.org/KidsActivities

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