

# September 2019

## Wellness Program Initiative

### **FALL INTO FITNESS**

It's that time of the year again. Get back on track and participate in the Fall into Fitness Program. You must complete at least **30 minutes of exercise at least 4 times per week** to get a point on your ticket to wellness.

Here are some ideas:

- 🍏 Try a 30-minute lunchtime workout. You'll lose the stress and anxiety, and get a boost in energy. Stepping away from work helps clear your mind, helps you refocus.
- 🍏 Go to a park near you, Calhoun County offers amazing trails. Follow this link for more information on County Parks:  
[https://www.calhouncountymi.gov/government/county\\_departments/parks\\_and\\_recreation/](https://www.calhouncountymi.gov/government/county_departments/parks_and_recreation/)
- 🍏 Rake the yard.
- 🍏 Go to an orchard, pick your own apples.
- 🍏 Go for a walk or bicycle ride after dinner, enjoy the sunset.
- 🍏 Participate in a walk/race for the first time, get a co-worker to participate with you, train together. See September Living Well Newsletter for some fun ideas.
- 🍏 Go to a pumpkin patch, walk around to find the perfect pumpkin.
- 🍏 Create an outside fall décor. Take a few pictures and email them to Marie at [mstamand@calhouncountymi.gov](mailto:mstamand@calhouncountymi.gov)



**Weekly Log Sheet attached**

# Fall into Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					