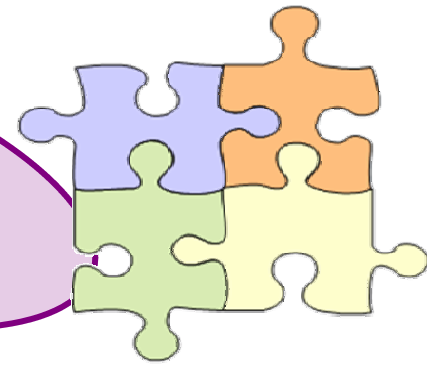


# Fitness Puzzle

Week 4



## Find Activity Every 4 Hours

- Set an alarm on your phone/calendar to remind you to get up and move deliberately.
- There are at least 16 waking hours in the day. Finding 15 minutes every 4hrs will give you an hour a day of physical activity.
- This may also be a reality check on how sedentary your life may be.



## Suggestions

- Walking
- Stretching
- Cleaning
- Yard Work
- Standing up at your desk

\*\*\* Keep in mind that this extra 15 min per 4hrs of the day can add up to more than 20lb's lost in one year.

