

Weekly Movement Tracker

WEEK: _____

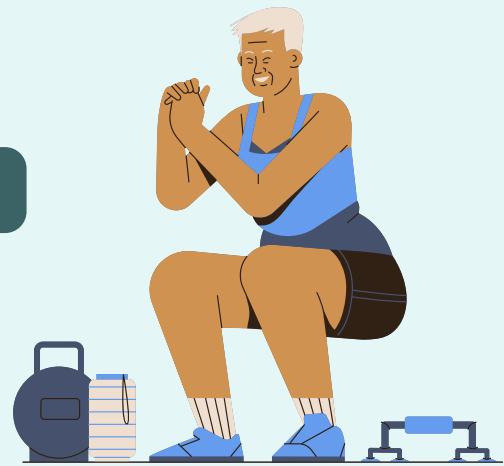
TASKS	S	M	T	W	TH	F	S
GO FOR A WALK							
DANCE!							
STRETCH							
RIDE A BIKE							
SWIM							
GOLF							
GARDEN							
USE RESISTANCE BANDS							
YOGA							
WEIGHT LIFT							
DO PILATES							
TRY CHAIR EXERCISES							
GO FOR A HIKE							
GO FOR A RUN							
DO BODY-WEIGHT EXERCISES							
MARCH IN PLACE							

Did you know?



Exercise can help improve balance and coordination to maintain the activities you love throughout your life.

Exercise/strength activities can help maintain bone density as you age.



Routine exercise can improve your mood and help fight depression.

Walking is a great way to get the aerobic activity you need, as long as it's at a moderately intense pace.

