

# FEBRUARY

Resistance training, cardiovascular exercise, and consuming foods high in anti-oxidants will be the focus of this month's activities.

## POINTS (The *maximum* number of points that can be earned for each category is listed below.)



### RESISTANCE TRAINING

- 30 minutes = 1 point
- 60 minutes = 2 points



### ANTIOXIDANTS

- 3 servings = 1 point (Please refer to the list of top antioxidants for choices)












































































































### CARDIOVASCULAR EXERCISE

- 30 minutes = 1 point
- 60 minutes = 2 points

YOU MUST GET A TOTAL OF **20** POINTS TO REMAIN ELIGIBLE FOR YOUR MIP POINTS.

YOU MUST GET A TOTAL OF **75** POINTS TO BE ELIGIBLE FOR THE MONTHLY DRAWING.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =
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