

# FEBRUARY

During February (National Heart Health Month), resistance training, cardiovascular exercise, and limiting screen time will be the focus.

## 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



### SCREEN TIME (T.V./Computer/Gaming)

- 2 hours or less = 1 point
  - o *This DOES NOT include the time you are REQUIRED to use the computer for work duties.*












































































































### 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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