

3. MOVE WITH WHAT YOU'VE GOT

By the end of this challenge, you'll know how to stay active with what you've got—no gear, no stress. Whether it's dancing, biking, or stretching between study breaks, you'll make movement work your way

CHALLENGES

#1.

(20 MIN)



What resources (time, money, suitable place, etc.) do you need to be physically active?

Write down

1. The resources you already have.
2. The resources you need.
3. What is holding you back to be physically active. If you wrote down money, location, or time: Go to the corresponding specific subchallenge at #2.



Be active

Be well

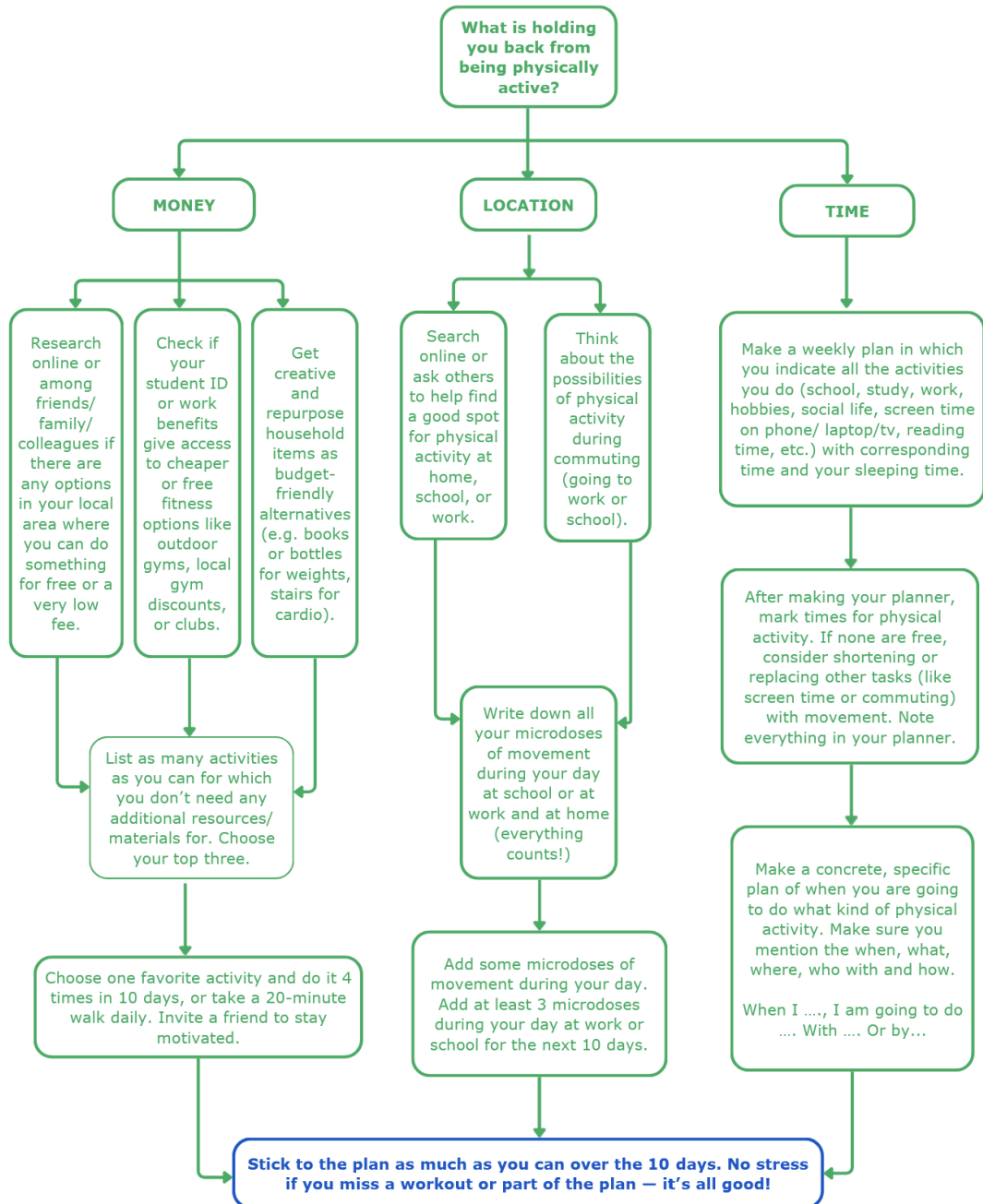


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#2.

(10 DAYS)



Be active

Be well



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"You don't need fancy gear or perfect conditions, science proves that consistency, creativity, and using what you've got is all it takes to move your body, boost your brain, and feel good."



Be active

Be well



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