

## Get Moving with Healthier You

Exercise is one of the key ingredients in staying healthy and fit! But to truly reap the benefits of physical activity, you need to get up and moving regularly! By participating in Healthier You, every time you work out not only will you be getting healthier, but you'll also be getting points that could earn you great prizes!

Individuals will earn 1 activity point for every 20 minutes of physical exercise. Cumulative points are allowed, so if you take a 1 hour spinning class, you would earn 3 points. These points are recorded on the honor system, so please be fair when recording your points on your weekly log.

Exercise that earns points should be **continuous** activity that raises your heart rate. Examples of activities that will earn you activity points: walking at a brisk rate, Zumba, sports, running, snowshoeing, skiing, lap swim, cycling, weight lifting if maintaining raised heart rate (quick circuit training), dance, etc.

If you have questions about whether a specific activity should count for points, send an e-mail to [aneyvollmer@ci.valdez.ak.us](mailto:aneyvollmer@ci.valdez.ak.us) and we'll let you know!

At the end of Healthier You 2012, prizes will be awarded to the top 3 individuals with the most activity points! Activity points can help you win in other categories as well such as Team winners and the Super Achiever Total points winner.

Healthier You can also help expand your exercise options! If you are unsure what type of exercise to do, we recommend sampling several different workouts from the Healthier You Sponsored Activities. By sampling new ways to work out and talking with your Healthier You teammates, Sponsored Activity instructors, and other Healthier You participants, you can learn what types of exercise are the best fit for your healthy lifestyle.

For more information on activity points and prize categories, see the Healthier You 2012 Official Rules.