

Name _____
 Extension _____
 Dept. _____

Rowan Thinks Wellness Form
 June, 2021


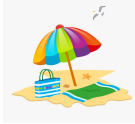

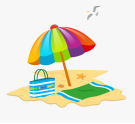
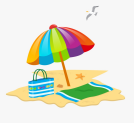

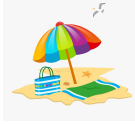

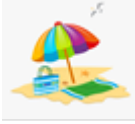

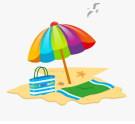
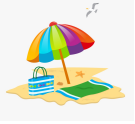
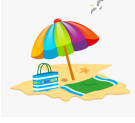
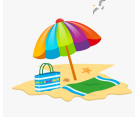
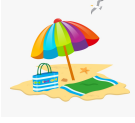
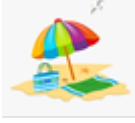
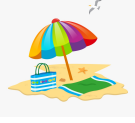
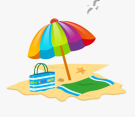
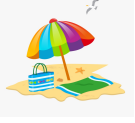

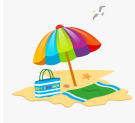
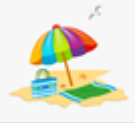
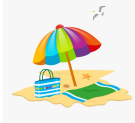






The Rowan County Wellness Committee would like to have a chance to reward everyone that is striving to be more physically active. Anyone that completes the following physical activity criteria will be entered into the monthly drawing for a \$30.00 monetary gift.

- 1) At least 30 minutes of moderate-intensity aerobic activity five days a week. Moderate activity is equivalent to a brisk walk that causes the heart to beat faster.
- 2) At least 25 minutes of vigorous activity three days a week. Vigorous activity, such as jogging or running quickly, raises the heart rate and causes you to breathe quickly.

To track your progress, we ask that you color or mark through the beach scene as you complete your daily physical activity. We ask that you return this sheet to your Wellness Representative by the end of the month, which will then allow your name to be placed into the drawing.

Wishing You a Fun, Healthy, and Relaxing Summer,
 Your Rowan County Wellness Committee

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3 	4 	5 
6 	7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 	19 
20 	21 	22 	23 	24 	25 	26 
27 	28 	29 	30 