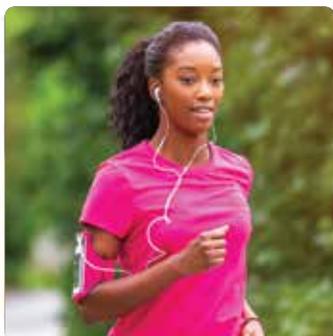


# Fast Break to Fitness



## Creative Ways to Add Physical Activity

- Take the stairs whenever possible
- Park a few blocks away from work and walk the distance
- Stand while talking on the phone
- Start a workplace walking club
- Carry the grocery basket
- Dance instead of sitting when listening to music
  - See the sites in a new city by walking or cycling
- Keep up with chores like window washing, raking leaves or gardening

March 14th - April 8th, 2016

## How the Challenge Works

The Fast Break to Fitness Challenge is a 4 week physical activity program for everyone! Choose which level you want to follow, and you'll earn points by completing the following:

### LEVEL I

- Take a Break: Step away from your desk for 15 minutes (1 point)
- Exercise for 30 minutes or more (2 points)
- Do HIIT (High-Intensity Interval Training) for 5 minutes or more OR 15 minutes or more of Strength Training (3 points)

### LEVEL II

- Take a Break: Step away from your desk for 15 minutes (1 point)
- Exercise for 60 minutes or more (2 points)
- Do HIIT (High-Intensity Interval Training) for 10 minutes or more OR 30 minutes or more of Strength Training (3 points)

## How to Participate

Login to [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).

Record your points each day on the portal or using the paper tracking form.

Enter all points online by April 15. 5 HealthQuest Credits will be awarded when you reach 105 total points.

Learn more at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).

