**Exercise Makes Cents!**

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***Movers* vs. *Shakers***

* Strive for 150 minutes of exercise per week at a minimum (30 minutes/day for 5 days). Exercise includes anything that is done for a period of 10 minutes or longer which elevates your heart rate. Examples include: walking, jogging, vacuuming, stair climbing, aerobic classes, swimming, weight lifting, etc. There is a daily maximum of 60 minutes which can be submitted for the challenge; however, you are welcome to do as much physical activity as you desire.
* Each week will start on Monday and end on Sunday. Please complete your tally card and submit to your HR Administrator/Wellness Rep by Monday at noon the following week to be included in the week’s standings.

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