



LIBIN MOVES

Move to Improve
Weekly 150 for Heart Health



Adults need a minimum of **150 minutes** of moderate to strenuous activity each week. It all adds up! Write down your daily activity minutes and total them up each week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

WEEKLY
ACTIVITY
MINUTES

Use **#LibinMoves** on social media to show us how you move!

Email your completed activity log each month to **libin@ucalgary.ca** and be entered to win some great prizes