



ARTA's 2019 Get Moving Wellness Challenge

Starts April 1 - Ends June 30th

**Focus on any physical activity
that enhances your physical wellness.**

(walking, gardening, bicycling, swimming, strength exercises, etc.)

You may use your own watch,
fitness tracker or cell phone for this challenge.

**Record the type of activity & time spent
on your**

Personal Daily Log Form

(see the link below)

**On July 1st, record the results of your top
30 days on the**

Personal Best 30 Days Report Form

(click the link)

https://drive.google.com/file/d/1JIGW6BH_dL5eeIxx_UZEdcpxpX_KEInbk4/view?usp=sharing

To register and to help you get started on your 2019 Spring Wellness Challenge, we have resistance bands available.

(Free but unfortunately limited quantity).

Here are 2 websites demonstrating how you might use the resistance tube/bands to add to your daily activity.



Exercises for Seniors –

<https://caminoretirement.com/2018/08/28/9-easy-resistance-band-exercises-for-seniors/>

Seniors Fitness at Home – <https://lorimichielfitness.com/resources/exercise-resistance-bands/>

A reminder that you need to make certain to use equipment as it's intended so you're not subject to injuries and to modify exercises if you have had injuries or have unique physical limitations.

To register and to arrange to pick up your resistance band, email

Linda Schofield, NWARTA
Wellness Director

linda.s.schofield@gmail.com



By registering and submitting your results by Friday, July 5, 2019, you will be **eligible for ARTA prizes and the NWARTA draw**. Your 30-day Report is also emailed to **Linda Schofield**, NWARTA Wellness Director.

You may want to check the ARTA website for further details – <https://www.arta.net/wellness/physical-wellness/wellness-challenge/>