

Movin' Communities

ACTIVITIES FOR SENIORS

All Activities Count, here are a few suggestions:

Low Impact Aerobics	Chair Exercises	Spring Cleaning
Stationary Bike	Yard Work	Shopping
Playing with Grandkids	Dusting	Walking
Sweeping	Biking	Laundry
Swimming/Water Walking		

****Any other activities that get you movin'!**

Look for Registration Sites in Your Community...

1. Fill out entry form on brochure or flyer.
Place in drop-box or mail to address listed.
2. Grab a Weekly Scorecard packet.
3. Be active, fill out Weekly Scorecard and return to drop-box or mail each week to be eligible for weekly drawings.
4. Fill out Final Survey and return to drop-box or mail to address provided by the Friday following completion of the program.
5. Be Healthy and Have Fun!

Join this FREE 6-week program and be eligible to win pedometers, gift certificates, and more!!

Program Dates:
Starts last week of March

Sponsored by NuAct, Waupaca
County's Nutrition and Activity
Coalition