

September 2022

Be Active and Know Your Minutes
for Better Health

Name: _____
Zip Code: _____
Email: _____



To be entered into the drawing for September, complete at least 150 minutes of exercise per week for 4 weeks. Please email to amy.ritchie@maryland.gov, drop off at Health Education & Outreach at Garrett County Health Department, Room 206, or Fax to 301-334-7731.



Deadline to return your log is **October 5th**.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Minutes
Get to know your community	It takes 10 minutes to get your heart rate up	Only activities done for 10 minutes or more count towards your total	30 minutes a day, 5 days a week = 150 minutes a week	For more info on physical activity in Garrett County, visit gogarrettcounty.com and go to the community calendar	1 2	3 Have a friend join you for a walk	Total your minute at the end of each week <u>150</u>
Week 1 4 _____ mins	5 _____ mins	6 _____ mins	7 _____ mins	8 _____ mins	9 _____ mins	10 _____ mins	Total
Week 2 11 _____ mins	12 _____ mins	13 _____ mins	14 _____ mins	15 You're halfway there. Keep Going. _____ mins	16 _____ mins	17 _____ mins	Total
Week 3 18 _____ mins	19 _____ mins	20 _____ mins	21 _____ mins	22 _____ mins	23 _____ mins	24 _____ mins	Total
Week 4 25 _____ mins	26 _____ mins	27 _____ mins	28 _____ mins	29 _____ mins	30 _____ mins	October 1 _____ mins	Total
October 2	October 3	October 4	October 5 DUE DATE				

Be Strong: Include muscle-strengthening activity like resistance or weight training at least 2 times a week

Sit Less: Get up and move throughout the day.

Adults should get a weekly total of at least 150 intentional minutes of moderate aerobic activity. Kids and teens should get at least 60 minutes of physical activity every day.



Be Active and Know Your Minutes for Better Health



To be entered to win a prize:

1. You must complete at least 150 minutes a week for 4 weeks.
2. Turn log in no later than October 5, 2022

Email: amy.ritchie@maryland.gov

Drop Off: Garrett County Health Department-Health Education & Outreach- Room 206

Fax: 301- 334-7731

Physical activity is important for both immediate and long-term health benefits.

- Increase your chances of living longer
- Feel better about yourself
- Sleep better at night
- Strengthen your muscles and bones
- Maintain or achieve a healthy weight
- Meet new people or spend time with friends and family
- **HAVE MORE FUN!**

Physical Activity Events Happening in Sept. in Garrett County:

Jazzercise Fusion Thu, Sept. 1, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Volleyball @ Herrington Manor State Park Thu, Sept. 1, 6:30 – 8:30 pm **Where:** Sand Court near the cabins

Jazzercise Lite Fri, Sept. 2, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Lite Mon, Sept. 5, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Fit with Jen Body Sculpt Class Mon, Sept. 5, 5 – 6 pm **Where:** Fit with Jen, LLC, 19509 Garrett Hwy Unit 8, Oakland

Vagabond Bicycle Rally Tue, Sept. 6, 5:30 – 7:30 pm **Where:** Parking lot, Town Park Ln, Oakland

Jazzercise Fusion Tue, Sept. 6, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Lite Wed, Sept. 7, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Fusion Thu, Sept. 8, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Volleyball @ Herrington Manor State Park Thu, Sept. 8, 6:30 – 8:30 pm **Where:** Sand Court near the cabin

Jazzercise Lite Fri, Sept. 9, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Lite Mon, Sept. 12, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Fit with Jen Body Sculpt Class Mon, Sept. 12, 5 – 6 pm **Where:** Fit with Jen, LLC, 19509 Garrett Hwy Unit 8, Oakland

Vagabond Bicycle Rally Tue, Sept. 13, 5:30 – 7:30 pm **Where:** Parking lot, Town Park Ln, Oakland

Jazzercise Lite Wed, Sept. 14, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Fat Tire Biking @ Herrington Manor State Park Wed, Sept. 14, 4:30 – 5:30 pm **Where:** 222 Herrington Ln, Oakland

Jazzercise Fusion Thu, Sept. 15, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Volleyball @ Herrington Manor State Park Thu, Sept. 15, 6:30 – 8:30 pm **Where:** Sand Court near the cabin

Jazzercise Lite Fri, Sept. 16, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Lite Mon, Sept. 19, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Fit with Jen Body Sculpt Class Mon, Sept. 19, 5 – 6 pm **Where:** Fit with Jen, LLC, 19509 Garrett Hwy Unit 8

Vagabond Bicycle Rally Tue, Sept. 20, 5:30 – 7:30 pm **Where:** Parking lot, Town Park Ln, Oakland, MD

Jazzercise Fusion Tue, Sept. 20, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Lite Wed, Sept. 21, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Free Guided Hike @ Herrington Manor State Park Wed, Sept. 21, 4:30 – 5:30 pm **Where:** Herrington Manor State Park

Jazzercise Fusion Thu, Sept. 22, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Volleyball @ Herrington Manor State Park Thu, Sept. 22, 6:30 – 8:30 pm **Where:** Sand Court near the cabin

Jazzercise Lite Fri, Sept. 23, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Lite Mon, Sept. 26, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Fit with Jen Body Sculpt Class Mon, Sept. 26, 5 – 6 pm **Where:** Fit with Jen, LLC, 19509 Garrett Hwy Unit 8

Vagabond Bicycle Rally Tue, Sept. 27, 5:30 – 7:30 pm **Where:** Parking lot, Town Park Ln, Oakland

Jazzercise Fusion Tue, Sept. 27, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Lite Wed, Sept. 28, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland

Jazzercise Fusion Thu, Sept. 29, 5:30 – 6:30 pm **Where:** 13227 Garrett Hwy, Oakland

Volleyball @ Herrington Manor State Park Thu, Sept. 29, 6:30 – 8:30 pm **Where:** Sand Court near the cabin

Jazzercise Lite Fri, Sept. 30, 10 – 11 am **Where:** 13227 Garrett Hwy, Oakland