Strive For Five is a 5-week virtual program designed to help you improve your wellness. Choose 2 or more goals from the 5 categories and track your progress online. Use these resources to help you get started.

**Goal:** Move 5 days a week for 30 minutes or more

Adults should get at least 150 minutes each week of moderate-intensity aerobic physical activity and at least two days a week of strengthening activities, like pushups, lifting weights, working with resistance bands, and sit-ups. You can get 10 minutes of activity at a time to add up to your 30 minute goal.

**Goal:** 10,000 or more steps per day

Consider using a wearable device to monitor daily steps and activity. Some wearable devices can not only tell you the number of steps taken per day, but active minutes, distance traveled, calories burned and number of floors taken.

**Goal:** 2+ days per week of strengthening exercises

Try activities such as weightlifting, exercises using resistance bands, or exercises that use body weight for resistance (push ups, sit ups, planks).

**Try these ways to sneak in more exercise:**

- Find an activity you enjoy
- Try activities that work different parts of the body
- Schedule specific time to exercise
- Find an encouraging exercise partner
- Park further away from buildings