



- National Employee Health and Fitness Day is on **Wednesday May 16<sup>th</sup>, 2018**
- Largest worksite health and fitness event in the United States
- Thousands of companies, communities, health organizations, universities and schools will participate
- The goal of this day is for people to incorporate physical activity into their daily life
- Minimum of 20 minutes of activity everyday
- Implementing physical activity into your daily life, can prevent diseases such as cardiovascular disease, heart disease, obesity, diabetes, and many more

Join us in participating in this year's Sheboygan County challenge, by taking part in at least 20 minutes of physical exercise on **Wednesday, May 16, 2018**. Types of activities that qualify for "physical exercise" include:

- |  |                           |                           |
|--|---------------------------|---------------------------|
| <b>Aerobics</b>                            | <b>Handball</b>           | <b>Running</b>            |
| <b>Archery</b>                             | <b>Hang Gliding</b>       | <b>Sailing</b>            |
| <b>Badminton</b>                           | <b>Hiking/Backpacking</b> | <b>Scuba diving</b>       |
| <b>Baseball</b>                            | <b>Horseback Riding</b>   | <b>Skateboarding</b>      |
| <b>Basketball</b>                          | <b>Horseshoe Pitching</b> | <b>Snorkeling</b>         |
| <b>Bicycling</b>                           | <b>Hunting</b>            | <b>Soccer</b>             |
| <b>Bowling</b>                             | <b>Inline Skating</b>     | <b>Softball</b>           |
| <b>Boxing/Kickboxing</b>                   | <b>Jai Alai</b>           | <b>Squash</b>             |
| <b>Calisthenics</b>                        | <b>Juggling</b>           | <b>Stationary Bike</b>    |
| <b>Cardio Machines</b>                     | <b>Kayaking</b>           | <b>Surfing</b>            |
| <b>Cardio Tennis</b>                       | <b>Lacrosse</b>           | <b>Swimming</b>           |
| <b>Circuit Training</b>                    | <b>Lawn Bowling</b>       | <b>Tai Chi</b>            |
| <b>Cricket</b>                             | <b>Martial Arts</b>       | <b>Tennis</b>             |
| <b>Croquet</b>                             | <b>Motor Cross</b>        | <b>Track and Field</b>    |
| <b>Curling</b>                             | <b>Mountain Biking</b>    | <b>Volleyball</b>         |
| <b>Dancing</b>                             | <b>Mountain Climbing</b>  | <b>Walking</b>            |
| <b>Diving</b>                              | <b>Pilates</b>            | <b>Water Aerobics</b>     |
| <b>Fencing</b>                             | <b>Polo</b>               | <b>Water Jogging</b>      |
| <b>Field Hockey</b>                        | <b>Racquetball</b>        | <b>Water Polo</b>         |
| <b>Figure Skating</b>                      | <b>Rock Climbing</b>      | <b>Water Skiing</b>       |
| <b>Fishing</b>                             | <b>Roller Skating</b>     | <b>Weight Training</b>    |
| <b>Frisbee</b>                             | <b>Rope Jumping</b>       | <b>Whitewater Rafting</b> |
| <b>Gardening/Lawn Mowing –(push mower)</b> | <b>Rowing</b>             | <b>Wind Surfing</b>       |
| <b>Golf</b>                                | <b>Rowing Machine</b>     | <b>Yoga</b>               |
| <b>Gymnastics</b>                          | <b>Rugby</b>              |                           |

Please contact \_\_\_\_\_, with any questions you may have.