It’s March and that means one thing... Madness!

Any movement is better none, so take the challenge this month to improve your physical activity.

**Physical Activity Benefits:**
- Live Longer
- Reduce risk of certain cancers
- Lower risk of diabetes
- Decrease the likelihood of heart disease
- Become stronger
- Lessen stress

According to the Centers for Disease Control, it is recommended adults get at least 150 minutes of moderate intensity aerobic activity, and 2 or more days of muscle-strengthening activities that work all major muscle groups (legs, arms, chest, etc.) each week. Aerobic activity is what gets your heart beating faster and makes your breathing harder. This can include brisk walking, pushing a lawn mower, or taking a flight of stairs. If you can’t sing more than a few words to your favorite song without taking a breath, you know your exercise is intense enough. Muscle-strengthening exercises can include push-ups, sit-ups, yoga, and gardening. It is important to consult your doctor before starting any physical activity.

The challenge bracket is divided into 4 weeks. There are 3 exercises for each day of the week (Monday-Friday). Fill out the bracket by choosing which exercise you like better after completing them. You can always adjust an exercise to better fit your needs.