

PICK UP THE PACE WITH 30-A-DAY

Experience the positive impact that regular exercise can have on your well-being and ministry with this wellness activity from Portico Benefit Services.

How It Works

1. Do physical activity for 30 minutes, five days a week, for eight weeks.

- Choose activities that improve your cardio health, strength, or flexibility.
- Aim for moderate intensity that quickens your breath and gets a little sweat going.
- Your 30 minutes don't have to be consecutive. If needed, break them into ten-minute segments.

2. Mark your progress on your 30-A-Day card.

- Start any day of the week.
- Exercise for five days, rest for two, then start the next week.
- If you don't exercise five days, erase that week and restart.
- If necessary, pause between weeks.

3. Celebrate your success after you complete eight weeks.

- Notice changes in your energy level, mood, and body.
- Reflect on obstacles you've overcome.
- Commit to your next step, and keep going!

Why 30-A-Day?

- Experts recommend 30 minutes of daily exercise for most adults.
- 60% of ELCA leaders and spouses are at risk of getting too little exercise according to Portico's 2016 health assessment results.
- Investing in well-being equips us

Tips for Success

- Schedule exercise on your calendar.
- Invite your family, friends, colleagues, or congregation to join you.
- Make it fun. Try ballroom dancing, martial arts, or just crank the tunes and jump around your house.
- Don't limit yourself by thinking exercise has to be athletic. You can walk the dog, work in your garden, etc.
- Set a goal and reward yourself when you meet it.
- Connect with others. Post on [facebook.com/livewellelca](https://www.facebook.com/livewellelca) for ideas and support.

30-A-DAY

Do physical activity for 30 minutes, five days a week, for eight weeks.

- Check the days you exercise.
- Mark *R* for rest days.
- Use pencil in case you need to start a week over.

Start	S	M	T	W	T	F	S
1/3	R	✓	✓	R	✓	✓	✓
/	○	○	○	○	○	○	○
/	○	○	○	○	○	○	○
/	○	○	○	○	○	○	○
/	○	○	○	○	○	○	○
/	○	○	○	○	○	○	○
/	○	○	○	○	○	○	○
/	○	○	○	○	○	○	○

Cut on dotted line

This information is not a substitute for professional health care advice. Portico Benefit Services is not providing medical advice, diagnosis, or treatment. Each individual is responsible for his or her own health and medical treatment decisions. Talk with your doctor to determine the lifestyle changes and health care treatment options appropriate for you.

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[PorticoBenefits.org/wellness](https://www.PorticoBenefits.org/wellness)