



Passport to Physical Activity: Move More



Name: _____

Answer these questions as you go through the educational exhibit to reinforce your learning.

Exhibit 1: Increasing Physical Activity In Different Environments

Identify two activities that will help you increase your step count by 250-500 steps a week to incrementally increase your daily physical activity.

Exhibit 2: Tracking Your Steps With Fitbit

List the Fitbit tracker that is right for you based on your fitness goals.

If you are currently using a Fitbit, identify an additional feature that you can use to track your fitness and engage others.

Exhibit 3: Increasing Activity At Work

Identify two ways that that you can add movement into your workday to help you reach your physical activity goals.

List one meeting that can be adapted to a walking meeting.

Exhibit 4: Increasing Activity With Friends

List two friends and activities that you can do with them to enjoy together.

Exhibit 5: Increasing Activity With The Family

Two examples of fun activities that you are willing to propose and plan to increase physical activity with members of your household are:

Exhibit 6: Increasing Activity While Out-of-Town For Work

If you travel for work, list two activities that you are willing to incorporate into your travel to maintain your physical activity level when out of town for business.
