

Mediterranean Wellness

Accountability Card

Week 6

This week we start to make exercise a joyful part of our day. Physical activity is about your health and weight. Figure out fun and enjoyable ways to get movin'. Remember every bit counts.

1. What are some of your favorite forms of activity?
2. Focus on various activities that will allow you to work a variety of your muscle groups.
3. Stretching feels so good and it is a key component of a healthy exercise program.

	What daily life activity did you add?	Name the muscles you focused on toning.			Did you stretch today?
One		<u>Leg</u>	<u>Arm</u>	<u>Torso</u>	
Two		<u>Leg</u>	<u>Arm</u>	<u>Torso</u>	
Three		<u>Leg</u>	<u>Arm</u>	<u>Torso</u>	
Four		<u>Leg</u>	<u>Arm</u>	<u>Torso</u>	
Five		<u>Leg</u>	<u>Arm</u>	<u>Torso</u>	
Six		<u>Leg</u>	<u>Arm</u>	<u>Torso</u>	
Seven		<u>Leg</u>	<u>Arm</u>	<u>Torso</u>	