

# FEEL Good Move BETTER

April 8-May 5



A stronger back and core in four weeks—join our **Feel Good, Move Better Challenge**. Engage in targeted exercises designed to stretch and strengthen your back, reducing back aches and pains.

**To be eligible for the prize:**

1. Complete 8 of 10 activities listed below.
2. Check in with your body and how it's feeling and log your exercise on the reverse side.

Name \_\_\_\_\_ Email \_\_\_\_\_

## Complete 8 of 10 Activities

- |  |   |
|--|---|
| <input type="checkbox"/> 1. Attend 2 tai chi classes*  | <input type="checkbox"/> 6. Complete a foam roll routine*                   |
| <input type="checkbox"/> 2. Attend 2 yoga classes*   | <input type="checkbox"/> 7. Complete 4 30-minute walks                      |
| <input type="checkbox"/> 3. Complete 4 core classes*   | <input type="checkbox"/> 8. Add glute bridges and bird dogs to 4 workouts   |
| <input type="checkbox"/> 4. Attend the Cooper Quest® lecture, "Empowering Health: Finding the Balance" April 11, 12:30 p.m.* | <input type="checkbox"/> 9. Complete a 5-minute morning stretch for 4 days* |
| <input type="checkbox"/> 5. Begin 4 workouts with a Power Plate routine*   | <input type="checkbox"/> 10. Complete a 30-minute swim                      |

\*For a schedule of classes and links to watch selected Exercise Move videos, scan here



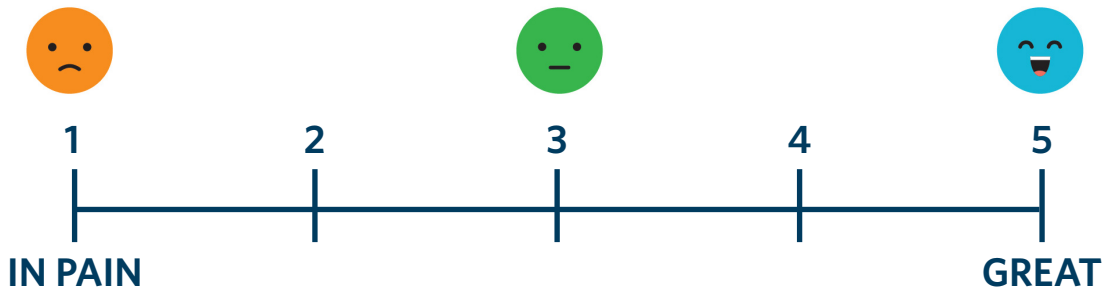
**Pave the way to a healthier, stronger you!**

Turn in your tracker to Devan Martinez by Friday, May 10, to earn a prize: [CQ@cooperfitnesscenter.com](mailto:CQ@cooperfitnesscenter.com).

COOPER  
**QUEST**  
STEPS FOR A COOPERIZED LIFE

# How is your body feeling today?

Using the scale below, record how your body is feeling and log your exercise.



## EXERCISE LOG

April 8-14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
FEELING?							

April 15-21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
FEELING?							

April 22-28	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
PAIN LEVEL							

April 29-May 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
FEELING?							