



# PUSH PLAY

30 MINUTES A DAY

Push Play is a nationwide SPARC campaign to get more New Zealanders more active more often. All it takes is 30 minutes a day. It's easy to Push Play and be more active. You do it where you live or work. You do whatever you want to, whenever you want to. It's not expensive – you don't have to join a gym or wear fancy gear. And guess what? It can actually be fun!

# It's time to step out!



spring  
**STRUT**  
**STRIDE**



## Personal Exercise Record

Name \_\_\_\_\_

My goal is \_\_\_\_\_ kms

*At the end of each week have your total added to the Team Chart, your captain has this.*

Total km for six weeks \_\_\_\_\_

(If you are using a pedometer you may like to record your daily steps as well) however for consistency please record only your distance on the Team Chart.

Exercise 10 mins = 1km	Example		Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
	Min	km	Min	km	Min	km	Min	km	Min	km	Min	km	Min	km
Sunday	40	4												
Monday	40	4												
Tuesday	10	1												
Wednesday	30	3												
Thursday	20	2												
Friday	30	3												
Saturday	30	3												
<b>Total</b>	200	20												