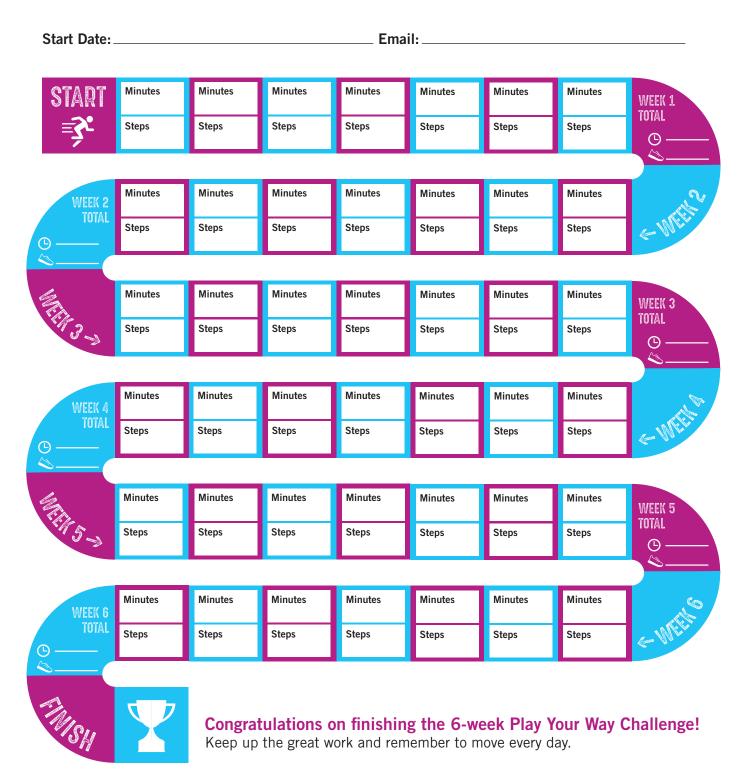


TRACK HOW YOU PLAY EACH DAY

Set a goal to move for at least 30 minutes or 7,500 steps at least 5 days each week. Use this tracker to log your activity over the course of 6-weeks. How will you add more play into each day?



sfhss.org/well-being



MAKE PLAY A PART OF YOUR DAY

Check out our member's experiences in making play a part of their day. Try these exercises at work and at home to find what inspires you to stay active. How will you add more play into YOUR day?

Activities at Work

Activities at Home



How will you make play a part of your day?