

# FIT TO THE CORE

## APPROVED ACTIVITIES

### WORK YOUR CORE AT HOME!



Playing a sport such as soccer, tennis, volleyball, martial arts or any sport that gets your core working hard for 30 minutes.



Dance your core away for 30 minutes. Whether it's Zumba, line dancing, or even at home when no one is watching!



Yard work – digging, mowing, chopping fire wood and all the core churning tasks for maintaining the great outdoors!

### CHURN YOUR CORE AT THE GYM!



Attend a group fitness class that contains at least 10 minutes of core work.



Complete a 30 minute abdominal and lower back workout on your own or with a friend.



Eat a healthy snack before and after a workout to reap the full core benefits of your workout.

### NOURISH YOUR CORE!



Substitute a lean protein for red meat.



Swap a dessert for a piece of your favorite fruit.



Go an entire week without skipping a meal.

Each activity earns  
you one apple stamp  
from the front desk!\*

\*Maximum of one apple stamp earned per day.