

#MoveItMay

Track your progress and share your success

				1 minute of neck stretches  <input type="checkbox"/>	2 minute walk every 2 hours  <input type="checkbox"/>	3 powerwalk laps around the mall  <input type="checkbox"/>
4 cups of fruit  <input type="checkbox"/>	5 minutes of dancing  <input type="checkbox"/>	6 shares for #MoveItMay  <input type="checkbox"/>	7 different leg stretches  <input type="checkbox"/>	8 glasses of water  <input type="checkbox"/>	9 minutes of step-ups  <input type="checkbox"/>	10 minutes of meditation  <input type="checkbox"/>
11 moms receive <i>The Heart Truth</i> for Mother's Day from you  <input type="checkbox"/>	12 flutter kicks  <input type="checkbox"/>	13 baby carrots  <input type="checkbox"/>	14 calf raises  <input type="checkbox"/>	15 chair dips  <input type="checkbox"/>	16 seconds of stretching  <input type="checkbox"/>	17 arm circles  <input type="checkbox"/>
18 superman holds  <input type="checkbox"/>	19 grapes  <input type="checkbox"/>	20 jumping jacks  <input type="checkbox"/>	21 overhead presses  <input type="checkbox"/>	22 seconds of downward dog  <input type="checkbox"/>	23 Michael Jordan inspired jumps  <input type="checkbox"/>	24 pushups  <input type="checkbox"/>
25 crunches  <input type="checkbox"/>	26 minute water workout  <input type="checkbox"/>	27 almonds  <input type="checkbox"/>	28 body weight squats  <input type="checkbox"/>	29 seconds of stretching  <input type="checkbox"/>	30 minutes of physical activity during TV time  <input type="checkbox"/>	31 minutes of hiking  <input type="checkbox"/>



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