



**29 Miles in 29 Days:** Check mark a box after your 1 mile walk each day!

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### Exercise Challenge – The Blue Zones Way:

Did you know regular physical activity helps prevent chronic diseases such as coronary heart disease, stroke, type 2 diabetes, depression, and some types of cancer? SVMHS encourages you to move naturally, the Blue Zones way, during the month of February. Walk 29 miles in 29 days and enjoy the benefits of daily exercise.

The term Moai, pronounced “mo-eye,” is a group of people who come together once a week for a common purpose, encouraging connection with friends, coworkers and your community. It’s about moving naturally where you live, learn, work and play. To learn about walking moai opportunities near you, visit [facebook.com/bzpmontereyco](https://facebook.com/bzpmontereyco).

Turn in your completed chart to the SVMHS Health Promotion Department by March 6th to be entered into a raffle drawing. Fax 831-759-3073 or email [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)