

CONTRACT to practice "Discipline 180" with Leo Basile

I, _____, resolve to commit to a personal program to begin a fitness program during National Physical Fitness and Sports Month.

By signing this contract, I commit to no less than 30 minutes of moderate physical activity on at least 3 days of each week during the month of May 2004. This activity might include walking briskly (not strolling), playing actively outside with my children or walking the dog, taking the stairs instead of elevators, parking a few blocks away from work or getting off the bus/train a stop earlier. My 30 minutes can also include work at home, such as mopping and sweeping and digging or raking in the yard. If I cannot commit to 30 continuous minutes, I can still commit to shorter increments of physical activity for 10 or 15 minutes each.

If I am already doing 30 minutes of moderate physical activity at least 5 days each week, I commit during the month to the following:

1. At least 20 minutes of vigorous physical activity three times a week to increase my level of cardiovascular activity/fitness (this might include running, endurance or race walking, swimming, working out in a gym on cardiovascular equipment, and other vigorous activities.
2. At least 2 days per week of strength training with light weights.
3. At least 2 days a week of flexibility training.

If I do these activities already then I commit to enhancing my routine by increasing my level of activity and/or supplementing my routine with a new activity.

Signed on this _____ day of May, 2004

Signature: _____