

Communities on the Move Log Sheet – For May 15–July 14, 2008



Track your steps on these log sheets during the next two months. Use sheet 1 and 2 to track any Healthy You Health Improvement Programs you attend and use sheet 3 and 4 to track your physical activity. Be sure to have the Lehigh Valley Hospital and Health Network representative at the event initial this sheet for you.

Enter your steps at lvh.org/onthemove as you go or turn in your log sheet at one of the following locations from Saturday, July 12 through Wednesday, July 16 to be eligible for the halfway point drawing. Also don't forget to pick up your new log sheet for the final half of the program or download it from our Web site. For more information on these programs or Communities on the Move, call 610-402-CARE.

- Bethlehem Township Community Center, 2900 Farmersville Road, Bethlehem
- Hanover Township Community Center, 3660 Jacksonville Road, Bethlehem
- Health Center at Trexlertown, reception area, 6900 Hamilton Blvd., Trexlertown
- Healthy You Fitness Center—Cedar Crest, 1243 S. Cedar Crest Blvd., Allentown
- Healthy You Fitness Center—Muhlenberg, 1770 Bathgate Road, Third Floor, Bethlehem

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

HEALTHY YOU HEALTH IMPROVEMENT PROGRAMS

AGING WELL

When to Call the Ambulance

120 steps _____ (initial here) _____ (date)

55-Alive Driver Safety Program

100 steps _____ (initial here) _____ (date)

Medicare Counseling

100 steps _____ (initial here) _____ (date)

Benefits CheckUp

100 steps _____ (initial here) _____ (date)

EATING HEALTHY

Eat Well for Life

120 steps
per session _____ (initial here) _____ (date)

MANAGING YOUR WEIGHT

Weight-Loss Surgery Support Group

180 steps _____ (initial here) _____ (date)

Medical Weight Loss Information Session

100 steps _____ (initial here) _____ (date)

Weight-Loss Surgery Information Night

100 steps _____ (initial here) _____ (date)

Bounce Back to a NEW You

120 steps/class _____ (initial here) _____ (date)

L.E.A.R.N. to Lose Weight!

120 steps/class _____ (initial here) _____ (date)

WEIGHT MANAGEMENT SERVICES

100 steps each

Metabolism/Nutrition

Counseling _____ (initial here) _____ (date)

Assessment _____ (initial here) _____ (date)

Body Composition

Analysis _____ (initial here) _____ (date)

Food Diary

Analysis _____ (initial here) _____ (date)

Recipe

Makeover _____ (initial here) _____ (date)

STAYING FIT

Cardio Fit

120 steps/class _____ (initial here) _____ (date)

Staying Strong

120 steps/class _____ (initial here) _____ (date)

Body Wedge 21™

90 steps/class _____ (initial here) _____ (date)

Belly Dancing for Fun and Fitness

120 steps/class _____ (initial here) _____ (date)

Get on the Ball

90 steps/class _____ (initial here) _____ (date)

PUMP

120 steps/class _____ (initial here) _____ (date)

Pilates Express

90 steps/class _____ (initial here) _____ (date)

Exercise for Life

120 steps/class _____ (initial here) _____ (date)

FlashFit

90 steps/class _____ (initial here) _____ (date)

Age-Proof Workout

150 steps/class ____ (initial here) _____ (date)

FITNESS CENTER GET-ACQUAINTED EVENTS

Healthy You Fitness Center— Cedar Crest

150 steps ____ (initial here) _____ (date)

Healthy You Fitness Center— Muhlenberg

150 steps ____ (initial here) _____ (date)

Human Performance Center

150 steps ____ (initial here) _____ (date)

CARING FOR MIND AND BODY

Mindfulness-Based Stress Reduction

240 steps/class ____ (initial here) _____ (date)

Massage Therapy

100 steps
per massage ____ (initial here) _____ (date)

Discover Relaxation Within, Parts 1 & 2

120 steps
per session ____ (initial here) _____ (date)

Everyday Tai Chi

150 steps/class ____ (initial here) _____ (date)

Yoga

150 steps/class ____ (initial here) _____ (date)

Yogalatte

90 steps/class ____ (initial here) _____ (date)

Caring for Mind and Body

120 steps/class ____ (initial here) _____ (date)

LOOKING GOOD

Corrective and Protective Skin Care

120 steps ____ (initial here) _____ (date)

Healthy Hands and Nails

120 steps ____ (initial here) _____ (date)

JUST FOR WOMEN

Your Heart Is in Your Hands

480 steps ____ (initial here) _____ (date)

SCREENINGS

100 steps each

Lung Cancer ____ (initial here) _____ (date)

Osteoporosis ____ (initial here) _____ (date)

HIV Testing ____ (initial here) _____ (date)

Vascular Screenings _____ (initial here)
(date) _____

RAISING A FAMILY

Redirecting Children's Behavior Series

360 steps/class ____ (initial here) _____ (date)

What to Do When Your Kids Drive You Crazy

240 steps ____ (initial here) _____ (date)

Happiest Baby on the Block

240 steps ____ (initial here) _____ (date)

FitKids Plus

200 steps/class ____ (initial here) _____ (date)

OTHER "RAISING A FAMILY" CLASSES

200 steps each

_____ (initial here) _____ (date)

_____ (initial here) _____ (date)

_____ (initial here) _____ (date)

PROTECTING YOUR HEALTH

Stroke Awareness

240 steps ____ (initial here) _____ (date)

Protection From the Sun

120 steps ____ (initial here) _____ (date)

Tobacco Treatment Program

100 steps per session _____ (initial here)
_____ (date)

HOPE for Osteoporosis

240 steps ____ (initial here) _____ (date)

CPR Courses

120 steps per course _____ (initial here)
_____ (date)

COPING WITH ILLNESS

8th Annual Cancer Survivors' Celebration

420 steps ____ (initial here) _____ (date)

Look Good, Feel Better

120 steps ____ (initial here) _____ (date)

Joint Replacement Preparation

180 steps ____ (initial here) _____ (date)

Get Up and Go

120 steps/class ____ (initial here) _____ (date)

JUST FOR FUN

Gathering Goodness

240 steps ____ (initial here) _____ (date)

Writing Toward Wellness

240 steps ____ (initial here) _____ (date)

KEEPING UP TO DATE

Health Insurance for Small Businesses (2-50)

100 steps ____ (initial here) _____ (date)

AROUND OUR COMMUNITY

Breast Cancer Fund-raiser: Show Your Chapeau

200 steps ____ (initial here) _____ (date)

Walk for Wellness

200 steps per walk ____ (initial here) _____ (date)

Women's 5K Run/Walk

200 steps ____ (initial here) _____ (date)

4 Blocks International

300 steps ____ (initial here) _____ (date)

Health Center at Bath Community Event

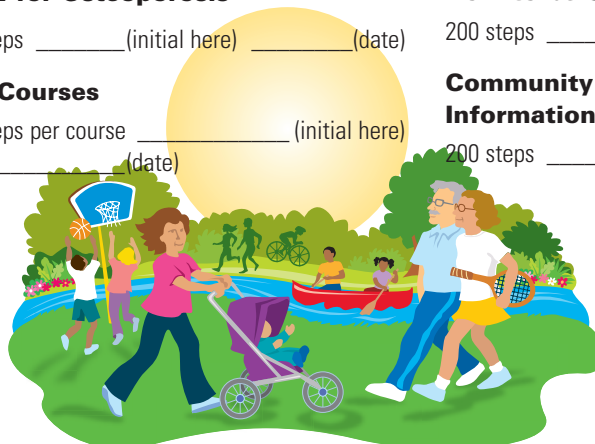
300 steps ____ (initial here) _____ (date)

How to be Safe While in a Car

200 steps ____ (initial here) _____ (date)

Community Exchange Information Night

200 steps ____ (initial here) _____ (date)



WEEK 5 (JUNE 12-18)

ACTIVITIES	STEPS	ACTIVITIES	STEPS

WEEK 6 (JUNE 19-25)

ACTIVITIES	STEPS	ACTIVITIES	STEPS

WEEK 7 (JUNE 26-JULY 2)

ACTIVITIES	STEPS	ACTIVITIES	STEPS

WEEK 8 (JULY 3-9)

ACTIVITIES	STEPS	ACTIVITIES	STEPS

WEEK 9 (JULY 10-14)

ACTIVITIES	STEPS	ACTIVITIES	STEPS

MAY 15-JULY 14 TOTAL STEPS _____

