

JOIN CLUB 80

**THIS YEAR LET YOUR WORKOUTS
REWARD YOU!**



EARN INCENTIVES *BASED ON GHN VISITS!*

**START EARNING YOUR REWARD:
January 2nd—December 31st 2019**

Contact the GHN Wellness Center for more information:
502-852-7755 or ghn@louisville.edu

PLATINUM
150+ VISITS

GOLD
100+ Visits

SILVER
70+ Visits

BRONZE
40+ Visits



Get Healthy Now
Wellness Center

The American College of Sports Medicine (ACSM) recommends the following exercise guidelines:

- 150 minutes per week (moderate intensity)
- 75 minutes per week (high intensity)
- 2+ day per week of strength training
- 2-3 days per week of flexibility exercises
- Train major muscle groups
- Proper warm-up and cool-down