# Stretch To Health

Feeling better and living longer.

health matters

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or challenges designed to promote health and prevent disease.

**Challenge Guidelines February 2017:**

- Perform a comfortable stretching or strengthening exercise each day.
- Exercise at least 30 minutes each day - stretching and strengthening time counts.

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and well-being matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.

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