



Gratitude Through Movement Challenge

————— **May 4-31** —————

May is Mental Health Awareness Month. Research consistently shows that regular physical activity improves mood, reduces stress and enhances cognitive function. When paired with gratitude, these benefits amplify. Gratitude helps to shift perspective, increase resilience and promote a more positive mindset.

Your goal is simple: move your body and reflect on something you are grateful for during that time. It could be something small and meaningful, like enjoying your morning coffee before a workout, sharing time with a friend or noticing something in nature. This practice encourages you to stay present, making your workouts more intentional and rewarding.

Exercise Examples

Outdoor Run

Personal Training

Yoga

Barre Class

Treadmill Incline

Outdoor Trail Walk

Pilates

Aqua Fitness

HIIT

Bodyweight Training

Cycle

Stretch & Mobility

SGT

Core Class

Boot Camp

Body Sculpt Class

LOG 25 OR MORE DAYS TO RECEIVE A PRIZE!

Return your completed tracker to the CFC Service Desk by Monday, June 8 to earn a prize.

COOPER
QUEST[®]
STEPS FOR A COOPERIZED LIFE

Gratitude Through Movement Challenge

Log your exercise type and what you are grateful for below.

Complete 25 or more days to receive a prize.

Name _____ Email _____

EXERCISE & GRATITUDE LOG

MAY 4-10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
GRATITUDE							

MAY 11-17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
GRATITUDE							

MAY 18-24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
GRATITUDE							

MAY 25-31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
GRATITUDE							

For questions or more information:
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