

GIMME 15

Who's doin' it?	What'd ya do?						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

EVERY DAY, JUST GIMME 15...

IT'S ANYTHING!

GIMME 15 MORE MINUTES OF ACTIVITY!

GIMME 15 EXTRA SQUATS, PUSH UPS, JUMPING JACKS...OR...

GIMME 15 EXTRA MINUTES OF NON-MEDIA, UNINTERRUPTED TIME WITH YOUR FAMILY!

GET UP 15 MINUTES EARLY...TO DO 15 MINUTES OF ANY ACTIVITY...OR 15 SOMETHINGS!

EVERY 15 MINUTES...GET UP FROM YOUR WORK, OR THE TV AND DO 15 ANYTHINGS...OR...DO ANYTHING FOR 15 SECONDS!

GIMME 15 CAN BE YOU STANDING AT YOUR DESK FOR 15 MINUTES OF EACH HOUR...OR WALKING FOR 15 MINUTES DURING LUNCH.

GIMME 15 CAN BE YOU AND YOUR EMPLOYEES HOLDING MEETINGS WHILE WALKING FOR 15 MINUTES...ORRR...STARTING AND ENDING EACH MEETING WITH 15 ANYTHINGS!

GIMME 15 CAN BE TAKING A 15 MINUTE WALK WITH YOUR SPOUSE...OR HIT THE BACK YARD FOR 15 MINUTES OF TAG, SOCCER, FRISBEE, ETC...WITH YOUR KIDS!

GIMME 15 IS PICK 15 ACTIVE THINGS YOU ARE GOING TO DO WITH YOUR FAMILY EVERY MONTH, WRITE THEM DOWN...AND DO THEM!!

GIMME 15 IS ANYTHING YOU WANT IT TO BE!