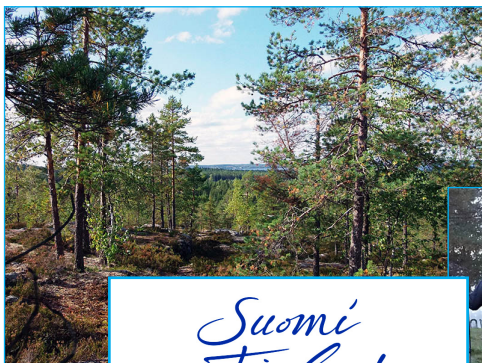


ALAJÄRVEN KUNTOKORTTI 2017 SYYSJAKSO



Liiku monipuolisesti eri liikuntalajeja kokeillen ja harrastaen



*Suomi
Finland*
100



Osallistu Alajärven uimahallin sata-kampanjaan 2.1.-31.12.2017
Tavoite vuoden aikana uida 100km



Alajärven kaupunki

Alajärvi – Aitoa elämää Aaltojen keskellä

MA TI KE TO PE LA SU

1.9. 2.9. 3.9.

4.9. 5.9. 6.9. 7.9. 8.9. 9.9. 10.9.

11.9. 12.9. 13.9. 14.9. 15.9. 16.9. 17.9.

18.9. 19.9. 20.9. 21.9. 22.9. 23.9. 24.9.

25.9. 26.9. 27.9. 28.9. 29.9. 30.9. 1.10.

2.10. 3.10. 4.10. 5.10. 6.10. 7.10. 8.10.

9.10. 10.10. 11.10. 12.10. 13.10. 14.10. 15.10.






























































16.10. 17.10. 18.10. 19.10. 20.10. 21.10. 22.10.

23.10. 24.10. 25.10. 26.10. 27.10. 28.10. 29.10.

30.10. 31.10.

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6.11.	7.11.	8.11.	9.11.	10.11.	11.11.	12.11.
						
13.11.	14.11.	15.11.	16.11.	17.11.	18.11.	19.11.
						
20.11.	21.11.	22.11.	23.11.	24.11.	25.11.	26.11.
						
27.11.	28.11.	29.11.	30.11.	1.12.	2.12.	3.12.
						
4.12.	5.12.	6.12.	7.12.	8.12.	9.12.	10.12.
						
11.12.	12.12.	13.12.	14.12.	15.12.	16.12.	17.12.
						
18.12.	19.12.	20.12.	21.12.	22.12.	23.12.	24.12.
						
25.12.	26.12.	27.12.	28.12.	29.12.	30.12.	31.12.
						

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KÄYTÄ LYHENTEITÄ:

HI = hiihto	LU = luistelu
LA = laskettelu	K = kävely
J = jumppa	T = tanssi
KS = kuntosali	U = uinti
SK = sauvakävely	P = pyöräily
M = muu liikunta	R = retkeily
HY = hyötyliikunta	

Suoritusvaatimukseksi riittää:

- vähintään 30 min kerralla
- tavoitteena on liikkua 3-5 kertaa viikossa säännöllisesti
- älä kuntoile sairaana
- jos olet aloittamassa kuntoilua käy terveystarkastuksessa
- aloita vähitellen
- pidä muistiota liikunnastasi

Suomi 100 vuotta - Alajärven uimahallin sata-kampanja
2.1.-31.12.2017

Tavoite uida tai vesijuostavuoden aikana vähintään 100 km.
Kampanjaan osallistuneiden kesken arvotaan sinivalkoisia tuotteita.

Osallistuessasi Ui 100km -kampanjaan, voit merkitä jakson aikana uimasi kilometrit suorituspallojen sisään ja lopputuloksesi alapuolella olevalle viivalle.

Yhteensä: _____ kilometriä

Palauta talvikauden jaksokortti **ma 15.1.2018 mennessä** liikuntatoimistoon Sairaala-
tie 3, 62900 Alajärvi tai Lehtimäen palvelupisteeseen Keskustie 2, 63500 Lehtimäki.
Toukokuussa tulee kesäkauden kuntokortti jakoon, johon voi jatkaa myös Ui 100km
-kampanjan suoritusmerkintöjä.

Nimi:

Lähiosoite:

Postinumero ja -toimipaikka:

Puhelinnumero:

Jakson suorituskerrat ja/tai kilometrit yhteensä:

Kertaa _____ Km _____