

Community Wellness Challenge #1

Get FIT!

Get FIT! Challenge Rules:

1. Challenge runs for 30 days - 2/15/13 through 3/17/13.
2. You must walk or run **30 miles in 30 days**.
3. You must log your activity in RunKeeper (this is an app you can download for free if you have a smart phone) or on a log sheet. You can get a log sheet from the front desk.
4. **You can count a max of 3 miles each day.** You can walk or run longer but can only count 3 miles towards the challenge. The reason for this is so you are active often. Consistent activity is important when incorporating exercise into your lifestyle and getting fit! *This means you'll need to walk/run 2.5 miles 3 times a week to meet the challenge. You can also walk/run 1 mile a day or 2 miles every other day totaling 30 miles in 30 days.*
5. If you want to participate in this challenge e-mail Ronda @ ronda@elderhealthandliving.com or sign-up in the main office. Please e-mail me your name and how you will be logging your distance. Every Friday I will ask for your distance to put on the board.
6. There will be a dry erase board up in the break room with all participating names listed. Once a week we will tally our miles and write them on the board!
7. If you need a pedometer please let me know ASAP. FYI – **you cannot count your everyday steps at work, home or anywhere towards this challenge. To meet this challenge you have to add the miles to your normal activity.**
8. Those who meet the challenge will receive an **EHL Wellness** t-shirt and a decal for the back!



Let's **Get FIT!**

Questions? Call Ronda @ 541-747-4858