



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JOIN OUR HEALTHY HEART HABITS

FITNESS CHALLENGE • FEBRUARY 1 – 28, 2023

BE KIND TO YOUR HEART!

Join us and celebrate Heart Health Month by motivating each other to stay active and adopt healthy habits for life.

CHALLENGE DETAILS:

- Run, walk, cycle, swim, strength, and sports
- Burn a minimum of 4,200 calories tracked during February 1 – 28, 2023 (that's 150 tracked calories a day!)

PRIZES:

Everyone who participates in the challenge will be entered for:

- A raffle prize on Valentine's Day

Everyone who completes the challenge will receive:

- A challenge completion prize
- The top finisher from each location will receive a prize valued at \$100

REMINDER: STAY HYDRATED & HAVE FUN!

In a healthy wellness program, fair balance of exercise and good nutrition are highly encouraged. An average adult can expend about 2,000 calories a day but is not recommended to exceed 2,500 calories in one day unless under specified programs or guidance.

HOW TO PARTICIPATE:

- Join via the YMCA SFL Mobile App, using the "Challenges" tile option
- Progress must be tracked via the App, using "Connected Apps" or the "Record A Workout" tile option

Scan to download our MOBILE APP

