

Strive for Five

Highlights

February 11 to March 15th, 2019

***NEW! 5-Week Challenge Designed To Get You Up and Moving!
Did you know, only 20% of us get enough
physical activity each and every day?***

Purpose Get Out and Get Moving!
This campaign will focus on increasing physical activity in your daily life

Individual Goal Exercise 30 minutes a day, 5 days a week for the next 5 weeks.

Give yourself 1 point each time you exercise for 30 minutes. Your goal is to earn 5 points each week for a grand total of 25 points throughout the 5 week challenge. Report weekly totals.

Team Goal As a TEAM exercise a total of 120 minutes a day, 5 days a week for the next 5 weeks.

Each team should strive to earn 20 points per week for a grand total of 100 points throughout the 5 week challenge. Report team totals weekly.

Prizes There will be small weekly drawing for each team who met their weekly goal plus a Grand Prize drawing at the end of the challenge, for those who met their goals and reported on time.

Sign up/Questions Please contact Colleen Lesniak, Ext 4223, clesniak@co.walworth.wi.us