

# Strive for Five

## Highlights

February 12, 2018 to March 18, 2018

***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.

**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

**Prizes** There will be small weekly drawing for each team who met their weekly goal.

The Grand Prize of 2018 State Park passes will go to the team who earned the most points

**Sign up/Questions** Please contact Colleen Lesniak, Ext 4223,  
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