



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

24 HOUR CHALLENGE

Make exercise a habit by taking part in this years challenge!

How? Workout a total of 24 hours during the month of February.
(Compete individually or as a team of two!)

Who can join? Y Members Only

How it works:

- Complete this registration form and return to the Welcome Center to sign-up.
- Record the time you spend exercising aerobically or strength training on the 24 Hour Challenge log sheets. Log sheets are available at the Health and Wellness Desk.
- Complete 24 hours by the end of February and receive an exclusive 24 Hour Challenge T-shirt!

You will receive credit for the following activities:

- All time on Cardiovascular & Weight Training equipment at the Y or at home.
- All time spent swimming, walking, running, cross country skiing and shoveling.
- 55 minute Fitness Classes (land or water) will count as 60 minutes.

After registration is completed, your activity log with your name on it will be available at the Health and Wellness Desk in the **24 Hour Challenge Binder** within 24-48 hours.

Begin logging hours on February 1, 2019

Exercise logs will be distributed Monday through Friday afternoon.

Registrations taken after February 1st will be distributed on the following Monday.

Contact Stacy Woods, Health and Wellness Director with any questions.

.....

24 Hour Challenge Registration Form

Name _____ Date of Birth _____

Teammate (if applicable) _____ Phone _____

Address _____ City _____ Zip _____

T-shirt Size (circle one) AS AM AL XL 2XL 3XL

Fees:

1 Person (Y Member) **FREE** (FT24HC)
2 Person Team \$6.00 (FT24HCTEAM)

Registration Deadline:

February 8, 2019