February Exercise Challenge

You read about the monthly challenges in the District 7 Newsletter, and below you will find the details for this month’s challenge!

This challenge will be done by building. The goal is to have the highest number of exercise points at the end of the month.

A spreadsheet has been made (see link on the right), and participants will be in charge of entering their points by the end of each week. Each participant should input 1 point for every 30 minutes of exercise. We’re not just talking about running on a treadmill or doing a full CrossFit workout. If you walk your dog, jump rope, spend time walking up and down flights of stairs to get your steps in and heart rate up, do 1 or all 4 of the stacked workouts (see link to the right), those all count! Anything that gets you up and moving for the purpose of bettering yourself and your health COUNTS! If you are unsure how to use the spreadsheet, please reach out to your building’s Wellness Committee member.

Winners:

At the end of February, the person with the highest number of points in each school will win this month’s challenge! If there happens to be a tie, the winner will be decided by hat draw. A small prize will be awarded and you will be recognized on the #take10 website! The person with the highest number of points district wide will receive a gift card good for no enrollment fee, 2 complimentary sessions with a private trainer, and two months free membership from Edwardsville Fitness!!!

It’s time to get up, move, and have a little friendly competition within your building!