



24 Hour Challenge

Try the 24 Hour Challenge!

The YMCA wants YOU to challenge yourself this February.

How? Complete 24 hours of physical activity during February!
(Compete individually or with a teammate)

Incentive! Free *YMCA T-shirt*

Here's How it works:

- * Complete registration form and sign-up at the Welcome Center
- *Record time you spend exercising aerobically or strength training on the 24 Hour Challenge log sheets located at the Health and Wellness Center.
- *Complete 24 hrs by the end of the month, receive your well deserved T-shirt.
- *Two people may sign-up as a team, cost \$5.00 per team.

You will receive credit for the following activities:

- *All time on Cardiovascular & Weight Training equipment. (at the YMCA or home)
- *All time spent swimming, walking, running, cross country skiing, shoveling.
- *Fitness classes (land or water) will count for 60 minutes.

Fill out one of these forms to register at the Welcome Center. Within 24-48 hours your activity log with your name on it will be in the 24 hour challenge binder upstairs at the Wellness Center Desk. Begin logging your hours beginning February 1st!

(Exercise logs will be distributed Monday through Friday afternoon, registrations taken after will be distributed on Monday.)

Contact Becky Ingebrigtsen, Health and Wellness Director with questions.

24 Hour Challenge Registration Form

Name _____ Date of Birth _____

Team Mate (if applicable) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ T-Shirt Size S M L XL XXL

1 person FREE (FTSINGLE)
2 person team \$5.00 (FTTEAM)

Registration Deadline: February 5, 2010