6 WEEK ACTIVITY MINUTE CHALLENGE

June 19 – July 30

- 150 minutes of activity a week
- Weekly support emails
- Activity Log
- Encouragement throughout the challenge

Benefits of at least 150 minutes of activity a week:
- Lowers risk for cardiovascular disease
- Improves mental health
- Increases metabolism
- Improves joint and bone health

To enter challenge or have questions email
Olivia.teter03@gmail.com