



YMCA Healthy Lifestyle Challenge

Points will be given for the following activities

1 point per day (midnight to midnight)

- One piece of Fruit
- One serving of a green vegetable
- 64 oz. of water
- Walking, Running, Jogging, Cycling or Elliptical (1 mile)
- 60 min of any YMCA (Cardio, Aerobics, Weight Training, Personal Training or Program)
- Drinking no sugared soft drink, coffee or tea
- Not eating at a restaurant

5 points per week (Sunday thru Saturday)

- Turned in Body Fat % by Monday at 9PM
- Turned in Weight by Monday at 9PM
- Qualified for weekly "Super YMCA Member"
- Completed on-line data

The cost of this challenge is \$5 and will go from Jan 31 through March 27 (8 Weeks)

1st, 2nd and 3rd place for overall points for The YMCA Healthy Lifestyle Challenge

1st, 2nd and 3rd place for the biggest weight loss

1st, 2nd, and 3rd place for the biggest body fat loser