

# SIT 2 FIT

## Summer

# CHALLENGE

## June 3-30

Complete 150 minutes of moderate intensity activity each week to earn prizes!

*Every week  
that you reach your  
goal you will receive an  
entry into the grand  
prize drawing*

***Your Employee Wellness Committee is excited to  
announce a month-long movement challenge- Sit 2 Fit!***

The challenge will run from June 3-30. The overall objective of the challenge is to promote physical activity of any kind and build a sense of community while encouraging our team to get moving! The Department of Health recommends 150 minutes of moderate intensity physical activity each week. For the sake of this challenge the goal is to reach the 150-minute mark. We will be tracking movement on the Strava App.



**Scan QR Code for more  
information or to sign up**

Download the free Strava App and  
join our team to track your activity

CITY OF  
**AUBURN**  
WASHINGTON  
Brought to you by the Wellness Committee