

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



Brought to you by the Wellness Committee