



Hike the Maine Coastline

all **3,478** miles of it...
from the comfort of the Fitness Center!

Members VS Employees

Who is the healthiest?

1 minute of cardiovascular activity = 1 point = 1 mile of coastline

1 minute of strength training = 1 point = 1 mile of coastline

1 minute you spend stretching = 1 point = 1 mile of coastline

- Your effort will be added into the teams' total and averaged! No one is left behind!
- Increase your mileage by doing as much exercise as you can. Exercise you do at home counts too!
- Extra credit points announced throughout the challenge!
- Optional fitness testing every month to help motivate you!

Challenge starts Monday, January 4th!
Sign up NOW!!!

