



The STRONG Challenge

YMCA OF THE FOX CITIES

ymcafoxcities.org/strong-challenge

THE YMCA OF THE FOX CITIES INVITES YOU TO JOIN THIS FREE CHALLENGE TO REENERGIZE SPIRIT, MIND AND BODY.

Six weeks: November 9-December 20
FREE & OPEN TO THE COMMUNITY.

**GOAL: TO BE ACTIVE FOR 20 MINUTES OR MORE,
3-5 DAYS A WEEK
PLUS PARTICIPATE IN ADDITIONAL WEEKLY
CHALLENGES.**



Each week we'll try new challenges together, each of us creating our own customizable calendar of activities, creating our own or choosing from the weekly suggested STRONG ACTIVITIES. Participants will receive emails each week filled with motivation, challenges, activities to try and goals to accomplish. Join our Strong Challenge Facebook group for additional motivation, a place to share photos of your journey and accomplishments, and a chance to win prizes.

CHALLENGE FAQ

WHY SHOULD I JOIN THE STRONG CHALLENGE?

Make a commitment to yourself to get your life back. For six weeks we'll experiment with challenges designed to open us up to a purpose-driven life that is STRONG. Take the Challenge, have some fun and discover what it means to be STRONG.

IS THE STRONG CHALLENGE JUST FOR MEMBERS?

No, anyone can join and it is totally FREE! A valid email address and online Y account is all you need to sign up.

WHERE DO I GET THE WEEKLY TRACKER?

You can pick one up at the Member Services desk of any Y location, or if you'd like to print it at home, visit The Strong Challenge website page at ymcafoxcities.org/strong-challenge.

WILL I RECEIVE INFORMATION TO HELP ME STAY ON TRACK?

The Y will be sending out STRONG CHALLENGE emails and texts each week, reminding you to track your progress and share your weekly results in our STRONG Challenge Community Facebook Group. An accountability buddy is strongly suggested as well!

HOW DO I HAVE A CHANCE AT WINNING THE CHALLENGE GRAND PRIZE?

Every participant who finishes the 6-week challenge will have a chance at winning our STRONG CHALLENGE grand prize. One entry per household will qualify to win. The grand prize winner must provide a completed tracking sheet in order to claim the grand prize.



text **YFOXCITIES** to
54539

REGISTER ONLINE!

- Visit ymcafoxcities.org/strong-challenge and click **REGISTER NOW**.
- Follow the instructions to Login to your Y account, or create an account if you don't already have one.