

September is....

Activate America Month

complete a Marathon at the Y



September 15-27th

**“Complete a Marathon at the Y”
Fitness Challenge**

(Record your walking or running miles each day and
see how fast you can complete a Marathon)

Find the binder on the HEC desk and write your name on a paper shoe,
check off your miles as you go, after you complete 26 miles the staff will
post it up on the wall.

These miles must be walking or running miles only. Inside or Outside
No Biking, Elliptical, Swimming etc.

Contact Erik Giannunzio for more details x158