

Monthly Fitness Challenge: Stay Consistent, and win

How It Works:

1. **Commit to 30+ Minutes of Exercise Every Day:** Choose any type of workout—whether it's cardio, strength training, yoga, or even a long walk. The key is consistency. Each day, aim to complete at least 30 minutes of physical activity.

2. **Track Your Progress:**

Mark each day you complete a workout with an "X" on our workout tracker.

3. **The Goal:**

Your aim is to work out every single day and track your progress for the next month. The more days you complete, the higher your chance of winning!

4. **Prizes:**

The top 2 participants with the most completed workout days will receive exclusive SRC Fitness Center gear.

5. **Stay on Track:**

Consistency is key. Even if you miss a day, don't get discouraged—just keep going and try to stay on track for the remainder of the challenge!

January Mileage Challenge: Walk or Run to Win SRC Fitness Center Gear!

How It Works:

1. **Track Your Mileage:**

For the entire month of January, track the total miles you walk or run each day. Whether you're doing a short walk or a long run, every mile counts!

2. **Fill In Your Daily Miles:**

Keep a log of your daily mileage— Fill out the log in the fitness center each day.

3. **The Goal:**

The more miles you accumulate over the course of the month, the higher your chance of winning. Aim to walk or run as much as possible each day to increase your total.

4. **Prizes:**

The top 2 members with the most miles walked or run by the end of January will receive exclusive SRC Fitness Center gear.

5. **Stay Motivated:**

Keep pushing toward your goal! Even if you can't hit big miles every day, consistency is key. Every mile counts toward your total.