

READY, SET,

FITGO

<p>Drink water as your only fluid intake for one day</p>	<p>Bring a guest to the Y</p>	<p>Complete 30 minutes of cardiovascular exercise in one day</p>	<p>Donate an approved non-perishable item to our Nutrition Department</p>	<p>Complete a small group training class or take a group exercise class</p>
<p>Volunteer for 1 hour or more at any organization</p>	<p>Participate in a Mind-Body exercise class</p>	<p>Post a picture of yourself doing your favorite activity at the Y #FITGO & #YMCAWNC</p>	<p>Eat fresh fruit with your breakfast</p>	<p>Visit a Y that you have never been to before</p>
<p>Complete a coaching connection or personal training appointment</p>	<p>Spend 5 minutes picking up litter in our community</p>		<p>Get 8 hours or more of sleep for 3 days</p>	<p>Complete an EGYM onboarding appointment or workout*</p>
<p>Do an act of kindness for a stranger</p>	<p>No soda for 3 days</p>	<p>Learn about one program you are unaware of that is supported by our annual campaign</p>	<p>Complete a strength training workout</p>	<p>Participate in an outdoor activity</p>
<p>Stretch for 15 minutes</p>	<p>Work out with a friend</p>	<p>No fast food for 3 days</p>	<p>Share with a Y staff member why you love the Y</p>	<p>Introduce yourself to 3 Y members you don't know</p>

Complete your board between Sept. 2-13, 2024