

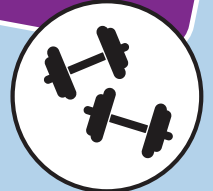


FOREVER HEALTHY.

PASSPORT TO FITNESS CHALLENGE



How do you incorporate physical activity into your daily life or routine? Some experts suggest that it can take 21 to 30 days to form a habit, so let's start 2021 off right by forming healthy habits at the YMCA!



Members can join our January Passport to Fitness Challenge by logging their physical activity at the Y or in virtual classes on the card below with the date. At the end of the month, email it to kfleurette@keene-ymca.org or drop it in a box provided at Y entrances to be entered into a fun raffle of prizes! Members must exercise at least 20 times in January to qualify. All virtual classes and workouts are on the honor system.



Honor system for all workouts. Please log the date and what type of exercise was completed.



NAME: _____

EMAIL OR PHONE NUMBER: _____