



WINTERVENTION is back! We've got new challenges, workouts, recipes, fitness tips and more to keep you moving this winter.

The challenge begins Sunday, February 13 and runs through Saturday, March 19.

Each week will have a unique theme designed to encourage and motivate you to stay on track and complete the challenge.

- » WEEK 1: Creating Healthy Habits.
- » WEEK 2: A Stronger You, from the Inside Out!
- » WEEK 3: Mind over Matter.
- » WEEK 4: Connect with Nature & Each Other!
- » WEEK 5: Practice Self-Care so You can Be There.

Ready to take on Wintervention 2.0? Joining is simple.

1. **Complete the registration form** by scanning the QR Code below or visiting keeneymca.org/wintervention-2. You can also register by sending an email to Kelly at kfleurette@keene-ymca.org.
2. **Join the Wintervention Facebook Group** where we'll be posting challenges, workouts, and more. You'll get a link to the group after you've completed your registration.
3. **Get ready to dig deep** and crush your goals!

SCAN TO REGISTER!



On the back of this sheet you'll find your Wintervention 2.0 Activity Tracker. Each day we've provided you with an optional activity to help you along. Write in whatever activity you completed and **make sure to complete at least 20 minutes of activity 5 days each week to complete the challenge.** When finished, turn in your tracker at the YMCA Welcome Center to be entered into a drawing for some sweet Y Gear. Good luck!

WINTERVENTION 2.0 ACTIVITY TRACKER

PARTICIPANT NAME: _____

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 BRING A GUEST TO THE YMCA TODAY	14 TRY A NEW GROUP EXERCISE CLASS	15 DRINK A GALLON OF WATER TODAY	16 MAKE A HEALTHY SMOOTHIE	17 GET YOUR 10,000 STEPS TODAY	18 TRY A NEW HEALTHY RECIPE	19 TAKE A YOGA CLASS
20 COMPLETE A FAMILY WORKOUT	21 PARK FARTHER AWAY AND WALK TO YOUR DESTINATION	22 INTRODUCE YOURSELF TO SOMEONE YOU DON'T KNOW AT THE Y.	23 TRY A WATER FITNESS CLASS	24 COMPLETE A RANDOM ACT OF KINDNESS	25 COMPLETE A STRENGTH WORKOUT	26 WALK/RUN FOR 1 MILE
27 STRETCH FOR 15 MINUTES	28 HOLD A PLANK FOR AS LONG AS YOU CAN	1 EAT VEGGIES WITH EVERY MEAL	2 WRITE A THANK YOU NOTE	3 DO 50 JUMPING JACKS	4 PREPARE A HEALTHY MEAL	5 COMPLETE AS MANY PUSH UPS AS YOU CAN
6 DO A WALL SIT FOR 60 SECONDS	7 COMPLIMENT SOMEONE TODAY	8 BRING A FRIEND TO A GROUP EXERCISE CLASS	9 EAT A HEALTHY BREAKFAST	10 TAKE A POST-WORKOUT SELFIE & POST TO SOCIAL MEDIA. TAG @KEENEFAMILYYMCA	11 COMPLETE A 30-MINUTE CARDIO WORKOUT	12 VOLUNTEER AT THE Y
13 WALK/RUN FOR 1 MILE	14 COMPLETE A VIRTUAL WORKOUT	15 WRITE A NICE NOTE FOR A Y EMPLOYEE	16 SPEND AT LEAST 20 MINUTES OUTSIDE	17 DISCONNECT! NO SOCIAL MEDIA TODAY	18 DRINK A GALLON OF WATER TODAY	19 DO SOMETHING THAT MAKES YOUR SMILE!

MARCH