

Grand Prize!

Weekly Prizes

February Fitness Challenge

- Challenge begins Feb 1st (runs the entire month of Feb)**
- Pick up Fitness Card packets at MSUM Gerdin Wellness Center**
- Work out OR participate in group exercise 4 times/week for 30 minutes**
- Get Fitness Card signed**
- Turn in Fitness Card at Hendrix Health Center by the following Monday**
- Have fun & win prizes!**

Sponsored by your Hendrix Wellness Educators!