

TEAM MILE CHALLENGE: WALK, JOG, BIKE, SWIM!

Are you ready to lace up your sneakers, grab your bike, or dive into the pool? The Fort Yuma Wellness Center is thrilled to announce the ultimate **Team Mile Challenge**! This 10-week adventure is designed for everyone—from your family members to friends and coworkers. It's the perfect opportunity to get moving, stay active, and most importantly, have loads of fun together!

Challenge Duration

Mark your calendars! The challenge kicks off on **August 1, 2024**, and runs through **October 3, 2024**. That's ten whole weeks of team spirit, healthy competition, and plenty of miles logged!

Prizes

What's a challenge without some amazing prizes? The Top-3 teams that log the highest number of miles will win fabulous prizes:

How to Participate

1. **Form Your Team:** Gather up to 5 members. It could be your family, friends, or colleagues.
2. **Choose a Team Captain:** This person will be responsible for submitting your team's miles. Log sheets will be provided to keep everything organized.
3. **Start Moving:** Walk, jog, bike, swim—whatever gets those miles in!
4. **Track Your Progress:** Use the pedometers provided by SDPI, or your own device (apps, fitness watches, phones, etc.).
5. **Submit Your Miles:** The team captain will submit the team's total miles. The leaderboard will be updated every Monday by The Fort Yuma Wellness Center.

Stay Motivated

Teamwork makes the dream work! Encourage each other, share your progress, and keep that competitive spirit alive. With the leaderboard updated weekly, you'll always know where you stand.

Join Now

Don't miss out on this incredible opportunity to boost your fitness and bond with your team. Participation is **free**! Visit the Fort Yuma Wellness Center to register your team today.

Get ready to walk, jog, bike, and swim your way to victory. Let's make those miles count! 🌟

Feel free to reach out to us with any questions or for more information. **760-572-4057**, wellnesscenter@quechantribe.com