

Southern *on the MOVE*

Register
by
2/3/10



Fitness Challenge

Feb 4- Mar 17, 2010

Choose your challenge level:

To earn 1,000 or 800 points in 6 weeks.

Each minute of exercise= 1 point.

(About 167 minutes per week= 1,000 points) (about 133 minutes per week= 800 points)

Any type of exercise counts, so GET MOVING!!

FOR DETAILS OR TO JOIN THE CHALLENGE, VISIT:
WWW.SOUTHERNCT.EDU/ONTHEMOVE

