



“Rewire Your Health”

IBEW 6 Week Cardio Challenge!

October 28th – December 8th

This **6 Week Cardio Challenge** is designed to get you moving or keep you moving! The GOAL of the program is to complete a total of 150 minutes of cardiovascular exercise each week for 6 weeks.



How do I participate?

- Download or pick-up a copy of the “Cardio Challenge” calendar.
- Starting October 28th, record on the calendar what cardio exercise you do on a particular day and for how long.
- The GOAL is to complete 150 minutes per week (Monday-Sunday).
- All forms of exercise which increase your heart rate count, such as walking, biking, swimming, cardio machines, dance class, etc.
- The last day of the challenge is December 8th. Please return the calendar to Denise Brown by December 14th to qualify for prizes. See return instructions on the bottom of the calendar.

PRIZES

- **All participants who return the calendar will be entered into a drawing for prizes.**
- **Awards will be based on minutes completed.**