

BE THE BEST YOU IN SPRING 2022

An Individual Challenge to be physically active, and a WSHG Community Competition to gain points as a community team.

APRIL 4TH - MAY 15TH

*Participate in any type of physical activity that will keep you moving.
Strive towards the individual challenge of averaging 30 minutes of physical activity,
5 times per week.
Gain points for your team to compete in being one of top 3 community teams.
Receive weekly information on exercise and nutrition.*

- **TO REGISTER**, please click here:
[BE THE BEST YOU: Registration Link Only](#)
(NOTE: This link is for registration only. Your Log In Link is listed below)
 - From this link: *create an account* if you do not have a Daily Endorphin Account. If you do have one, *log in* to register.
 - Click on **Be The Best You** and register in your work community.
- **TO LOG IN**, (once you are registered), USE THIS LINK daily or weekly:
[BE THE BEST YOU: Log In Link](#) (Please save this link to Log In.)
 - Use the pull-down menu (under the exercise tab) to choose the activity that best describes your physical activity. **ALL modes of physical activity** count for this challenge.
 - Record your fitness of at least **10 continuous minutes**, with a maximum of **120 minutes per day**.
 - For the purposes of this challenge, only **minutes of physical activity** will be recorded.

Please note: Your individual minutes will be visible & posted in results.

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*All participants who reach the goal of averaging 30 minutes of physical activity,
5 times per week (a total of 900 minutes), will be entered into a raffle for
18 ounce WSHG Wellness Personalized YETI Bottles.*

*In addition, all active team members of the top 3 community teams will be
entered into a raffle for REI Gift Cards.*

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Please contact Michele, WSHG Wellness Coordinator, at mbcraemer@gmail.com with questions.