



Summer Challenge

July 6—August 16

It's summer and it's the perfect time to get out and **get moving!** Join in this six-week challenge to move more or compete against your co-workers to see who moves more. Either way—jump in on the fun!

What: This **INDIVIDUAL** summer challenge is based strictly on the amount of exercise you do and we will be using a site called **"Daily Endorphin"** to track progress. Exercise, for the purpose of this challenge, is defined as 15 minutes of continuous movement that increases your heart rate during that time. Whether it's your daily commute walking or biking to work, running, canoeing, yoga, etc., it all counts. The more you do, the better chance you have to win some **fabulous prizes** (and bragging rights)!

The challenge is broken into three categories so **everyone** can participate:

Beginner—No regular exercise

Intermediate—Exercise 2-3 days/week

Frequent—Exercise 4+ days/week

The challenge is points based and you will be asked to choose your intensity level (e.g. Leisurely, Intense, etc.). The system is all "on your honor" so be honest with yourself too!

There will be weekly prizes and prizes for the overall winners. During this challenge, we will be offering participants an opportunity to try a new type of exercise class on-site once a week. If you participate in the challenge and class, not only do you earn points for the class, but you also get a chance to win additional prizes during that class!

When: Challenge begins **July 6th** and ends **August 16th**

Why: Fun, motivation, chance to try new things—lots of reasons!

How to sign up: Use the link below (copy & paste into a browser)

<https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3> and either "Create an account" or sign in with existing Daily Endorphin information.

For more information regarding Daily Endorphin, check out http://www.dailyendorphin.com/user_faq/

For more information regarding the challenge, **please contact Wellness Coordinator, Angel Hohenstein**, at 730-5201 or email ahohenstein@duluthmn.gov

