



Six Weeks

Thousands of
Teammates

30 Minutes
a Day

Five Days
a Week

Stateline Family YMCA **STAY STRONG Challenge**

Give yourself 6 weeks, 5 days a week, 30 minutes a day to see how strong you are and can become. During these 6 weeks, we will motivate you to continue to **STAY STRONG**.

This 6 week transformational challenge is being offered to **ALL Stateline Community Members** for **FREE**. So, for this second STRONG challenge let's take it to the next level! Take the challenge, have some fun and discover what it means to **STAY STRONG** in spirit, mind, and body.

WHAT TO EXPECT:

- Moving for 30 minutes a day, 5 days a week, for 6 weeks.
- 6 weeks of themes, challenges, motivation, and encouragement that will help you transform your life.
- E-mails connecting you to the weekly theme and challenges.
- Private Facebook group with support and encouragement from other Stateline participants.
- Gift basket raffle— Your name will be entered into our weekly raffle drawing. Names will be announced Sunday evening.

Register by Friday, February 12th to be part of the **Stateline Family YMCA's STAY STRONG Challenge** when it begins on **Monday, February 15, 2021**.

Register online at www.statelineymca.org, on the Stateline Family YMCA App, or in person. All registered participants will receive a welcome/prep e-mail on Saturday, February 13.

Let's **STAY STRONG** together!

Registration
opens Feb. 1st!

