Employee Wellness 12-Week Fitness Challenge

It’s fun, easy and energizing!

Exercise regularly – walk, swim, run, practice yoga, play sports games, lift weights and get your body moving! Track and submit your minutes on an exercise log and experience good health and special prizes!

Your goal is to accumulate at least 150 minutes of physical activity each week.

The 12-week Fitness Challenge runs FEBRUARY 2 THROUGH APRIL 26. To register, log in to MyPima, select the @work tab, Employee Service Center, then Wellness. You also may download and submit the registration form available there.

Register by January 29!

Participants will receive:

• Motivational and educational tips
• A chance to win a monthly prize for completing and submitting an exercise log
• A prize for completing and submitting 12 weeks of qualifying exercise logs
• Positive health benefits from being active

Questions? Contact Andrea Lightfoot, Wellness Program Manager, alightfoot@pima.edu or 206-4690.