Employee Wellness 12-Week Fitness Challenge

It’s a HOT, HOT SUMMER!
Let’s keep moving

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 chances to win prizes!

Your goal is to accumulate at least 150 minutes of physical activity each week by the end of the program, or set and work towards achieving a higher goal.

Register online: Login to MyPima; select the @Work tab; Employee Service Center; then Wellness.

Register by May 29!

Participants will receive:
- Motivational and educational tips
- A chance to win monthly prizes for completing and submitting exercise logs
- Positive health benefits from being active

Program starts on June 1.

Questions? Email PCC-Wellness@pima.edu, or call 206-4690.