FEEL THE BEAT
TEAM CARDIO CHALLENGE

30 POINTS  for meeting 75% (at least 112.5 minutes of exercise per week) or more of the challenge goal (150 minutes per week).

Use the **Cardio Tracker** in the Wellness Center to track your progress.

**REGISTER IN THE WELLNESS CENTER**

**YOUR GOAL:** Create a team of 2-4 members to participate in the team cardio challenge. Each individual must complete 112.5 minutes of exercise per week over the 4-week challenge to earn 30 points. The overall challenge goal is 150 minutes, so try to push yourself! The top 3 teams with the highest average exercise minutes will earn 10 bonus points.

**Registration Dates:** 2/4/19 - 2/17/19

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call us at 1-888-472-4352 or email at customerservice@gilsbar.com and we will work with you to develop another way to qualify for the reward.