



READY, STEP, GO.

COMPLETE 100 MILES OF CARDIO THIS WINTER

Winter 100, sponsored by the Employee Engagement and Wellness Committee and Wellness and Fitness Center, is a perfect chance to challenge yourself to stay active and achieve 100 miles of cardio this winter.

The cardio challenge will run January 1 to March 1 - 60 days - just in time for spring break.

If you can complete two miles every day for 50 days or 3.3 miles every day for 31 days, you can achieve 100 miles.

You can earn miles in many ways, including visiting the Fitness Center or working out at home.

At registration, a cardio tracking log will be provided to help you track those miles.

The goal is to plan time outside of your working hours or on breaks to get moving.

Note: cardio miles are not daily step totals.

For those who need a workout incentive, this is a great chance to join one of the Wellness & Fitness Center classes or connect with a colleague, friend or family member to keep you moving.



Fun fact: If you walk at 4 MPH for 15 minutes, you would complete one mile.



To register, scan the QR code. Each time you reach a milestone, submit your results using the QR code or link on the Wellness and Fitness Center webpage. Watch your mitten change colors after every milestone as you get closer and closer to 100 miles.

The first 50 employees to achieve 100 miles can collect a prize from the Wellness and Fitness Center.

MITTEN MILESTONES

Mile 25 - Green mitten

Mile 50 - Red mitten

Mile 75 - Orange mitten

Mile 100 - Kalamazoo Valley blue mitten

Kalamazoo**VALLEY**TM
community college