



### Get Moving for the Virtual Challenge!

Once you register and start fundraising, we hope you will join us in The Challenge and set a goal to complete 15.5 miles from July 1, 2023 to July 28, 2023, either individually or as a team.

Here are some fun ways you can get moving and crush that 15.5 mile goal. Remember, the goal is to get moving and challenge yourself, however you choose. You got this!



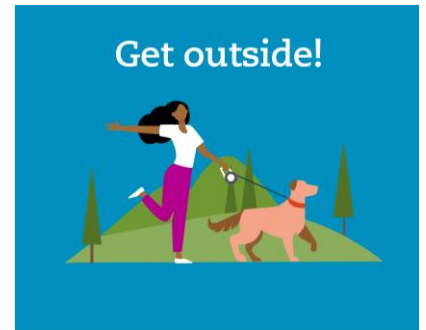
Did you know that one hour of dancing every week for a year is like walking from Chicago to Indianapolis (186 miles)?

That means that 1 hour of dancing is like walking 3.5 miles. Set a goal to join a dance class once a week or have a dance party with your family a few times a week to get moving together and have fun with it!

There are about 2,200 steps in one mile which means there are 34,100 steps in 15.5 miles.

**Broken down from 7/1/23 to 7/28/23 that is 1,218 steps a day!**

Start a step challenge at work, make a goal to walk with your pets each day, or go on a hike. Get stepping to 15.5 miles!



One mile in a standard 25 yard pool is 66 laps.

Get to your local YMCA or a pool, and commit to doing 64 laps four times a week. Take your time and crush that goal in the water!

10 minutes of stretching is like walking the length of one football field.

There are a little over 14 football fields in one mile which means you would need to stretch for 140 minutes to walk one mile.

You may not be able to stretch your way to 15.5 miles, BUT can you set a goal with your colleagues, family, or friends to take stretch breaks throughout the day. This challenge is all about pushing yourself, however you can. This is a great way to start the habit of moving more throughout the day!

