



The Strong Challenge

FOND DU LAC FAMILY YMCA

fdlymca.org

THE FOND DU LAC FAMILY YMCA INVITES YOU TO JOIN THIS FREE CHALLENGE TO REENERGIZE SPIRIT, MIND AND BODY.

Six weeks: November 9th - December 20th
Free & open to the community.

GOAL: TO BE ACTIVE FOR 20 MINUTES OR MORE, 3-5 DAYS A WEEK PLUS PARTICIPATE IN ADDITIONAL WEEKLY CHALLENGES.



Each week we'll try new challenges together, each of us creating our own customizable calendar of activities, creating our own or choosing from the weekly suggested STRONG ACTIVITIES. Participants will receive emails each week filled with motivation, challenges, activities to try and goals to accomplish. Join our Strong Challenge Facebook group for additional motivation, a place to share photos of your journey and accomplishments, and a chance to win prizes.

CHALLENGE FAQ

WHY SHOULD I JOIN THE STRONG CHALLENGE?

Make a commitment to yourself to get your life back. For six weeks we'll experiment with challenges designed to open us up to a purpose-driven life that is STRONG. Take the Challenge, have some fun, and discover what it means to be STRONG.

IS THE STRONG CHALLENGE JUST FOR MEMBERS?

No, anyone can join and it is totally FREE! A valid email address and online Y account is all you need to sign up.

WHERE DO I GET THE WEEKLY TRACKER?

You can pick one up at the Y Welcome Center desk starting October 26th, or if you'd like to print it at home, visit The Strong Challenge website page at fdlymca.org.

WILL I RECEIVE INFORMATION TO HELP ME STAY ON TRACK?

The Y will be sending out STRONG CHALLENGE emails each week, reminding you to track your progress and share your weekly results in our Facebook Group. An accountability buddy is strongly suggested as well!

HOW DO I HAVE A CHANCE AT WINNING THE CHALLENGE GRAND PRIZE?

Every participant who finishes the 6-week challenge will have a chance at winning our STRONG CHALLENGE grand prize. One entry per household will qualify to win. The grand prize winner must provide a completed tracking sheet in order to claim the grand prize. Grand prize drawing will take place on Monday, December 21st and winner will be notified via phone.

REGISTER ONLINE!

SET UP AN ONLINE ACCOUNT.

If you have never used a Y online account to register for programs, you can set up an account prior to registration.

1. Go to fdlymca.org
2. Click on the MENU
3. Click on :

ONLINE ACCOUNT MANAGEMENT

4. Click on MY ACCOUNT to establish a new account or follow the instructions to connect your membership.