

FITNESS JOURNEY

Complete 15 activities between October 1-15 and help your team earn the Fitness Journey Challenge Award, which will be awarded to the team with the highest percentage of completion. The winning team will be announced during the Recap Show!

START

Fill in your board with the activities listed below, in any order you choose!

FINISH

Fill out the Result Form and let us know you finished!
bit.ly/CorpRun20

CHOOSE YOUR ACTIVITIES

- Run or walk in a park
- Take part in a group fitness class
- Plank with a coworker for 60 seconds
- Go for a bike ride
- Take a 15 minute walking break during a work day
- Set a fitness goal, write it down, and share it with a coworker
- Share a post workout photo on the Anthem Corporate Run social media pages
- Create or find a motivational quote to share with coworkers
- Complete a core workout
- Complete 10,000 steps in a day—one step for every child Charity Partner Fit4Kids serves each year
- Swim, paddle, run, or walk in or along a body of water
- Partner with coworkers and complete 26.2 miles in one week
- Complete a mindfulness/deep breathing exercise
- Go for a walking meeting with a co-worker in real life or via phone
- Send a note to a coworker congratulating them on a recent fitness achievement
- Eat 4 servings of both fruit and vegetables in a day in honor of Charity Partner Fit4Kids