



10K CHALLENGE

Wherever you are, JUST MOVE and get your steps! All activities count!

LIFT Wellness Center and the Medical Fitness Association presents the WALK 10K Challenge (70,000 steps). Join Members of the community, set your personal goal and get moving! You've got 7 days to get 70,000 steps!

Members who complete the challenge and turn in steps will receive a challenge t-shirt. Non-members who complete the challenge and turn in steps will receive 1/2 off enrollment.

SEPTEMBER 14-20, 2020

Registration: \$10 for members \$15 for non-members
Non Members who join the challenge can use LIFT Wellness Center during September 14-20.

