

22 in 22 Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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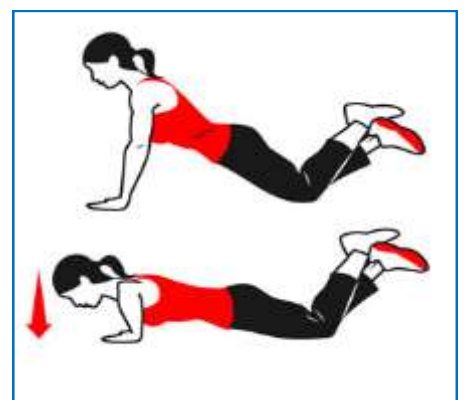
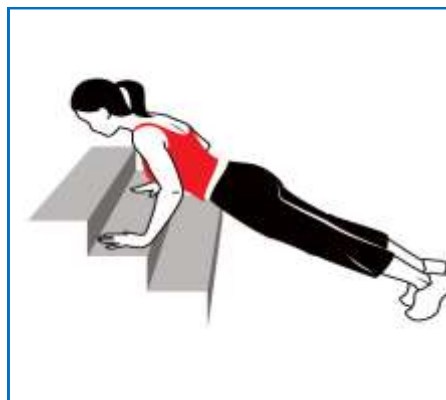
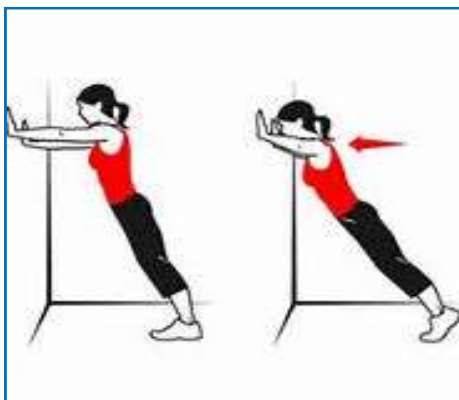
Start this challenge on May 10th. Complete 22 pushups daily until Memorial Day. Get a point on your fitness ticket!!!

To honor fallen veterans, I would like to challenge you to the “22 in 22 days pushup challenge.” Challenge yourself to 22 pushups for 22 days. Have a co-worker or a friend take a picture so we can share your efforts, (if you do not wish to share, that’s perfectly fine too). The **22 Pushup Challenge**, was created to promote awareness for veteran suicide prevention along with honoring military service members and veterans.

Read more about it at: <https://mission22.com/home>

9	10 Challenge Starts	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Memorial Day					

If, like me, you are unable to perform standard pushups, try different pushup positions.



OnGoing

Weight Loss/Maintain Challenge

This individual Weight Loss/Maintain Challenge may just be what you need. If you would like to participate, simply send me a picture of your weight, along with your target, when you are ready to join.

The goal is to create a group (name won't be shared if you don't want to) to share tips, tricks, recipes and encouragements to maintain or reach your goals.

If you would like to join without sending me your weigh-in, that is perfectly fine, **you just won't be eligible for prize drawings, but you will reap the benefits of a "support" group.**

This will be based on the "honor system". Simple rules:

1. Email me a picture of your weigh-in. (If you want to be eligible for prize drawings)
2. Always weigh yourself on the same scale.
3. Send me your weight once a month, if you lose or maintain, your name is added for drawing.
4. For every month you lose your name is added to the drawing.
5. In November names will be drawn for prizes. **If you lose maintain for 6 consecutive months, your name will be in the "hat" 6 times!!!**

Ask a friend, family member or co-worker to participate along with you, it helps with motivation and accountability!!!

Participate in this event, lose or maintain, and you get a point on your Ticket to Wellness.

**IT'S NOT
A RACE,
IT'S A
JOURNEY.**

Health