Virtual Fitness Challenge 2021
Xavier University

What is the Virtual Fitness Challenge?
In the month of May, we are challenging you to get 30 minutes of exercise at least 5 days per week. Use the calendar provided to keep track of the exercise you are completing by putting how many minutes of exercise and what type of exercise you completed.

When is the Virtual Fitness Challenge?
Sunday May 2nd, to Saturday May 29th

Why should I participate in the Virtual Fitness Challenge?
- Get a jump on your Summer fitness routine by exercising along with all TriHealth Corporate Health!
- Any participant who completes the May Fitness Challenge and submits their calendars by scanning and emailing to virtualwellness@trihealth.com by Wednesday, June 2nd will be entered in a drawing for $50 worth of health and fitness gear.

How do I register for the Virtual Fitness Challenge?
- Track your exercise daily using the attached packet.
- Submit your completed packet to virtualwellness@trihealth.com.
- We will draw two winners and the winners will be announced on Monday, June 7th by email and posted to the YouTube Channel, found at YouTube.com/trihealthcorporatehealth.

Questions? Contact your TriHealth Workplace Wellbeing & Fitness Team:
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