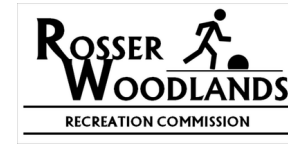


# WEEK 4: TAKE A FIT BREAK



Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

This week's challenge is to take 3-4 fit breaks! Use the sheet below to track your fit breaks. We will be posting daily ideas on our Facebook and Instagram page. Or create your own, take 15-20mins to get active throughout the day!

June 20	
June 21	
June 22	
June 23	
June 24	
June 25	
June 26	

Don't forget to track your physical activity on the ParticipACTION App!! As part of the Community Better Challenge!

Snap a picture of your completed Week 4 Challenge by June 27th and text it to 204-461-4040 or email it to [rwrc@rosserwoodlandsrec.com](mailto:rwrc@rosserwoodlandsrec.com) for a chance to win the weekly prize!!