

POINTS & PRIZES:

Receive one point per completed challenge except where posted. Some challenges will have a Bonus Point available but the corresponding challenge must be completed to qualify for the bonus. The contest runs from Saturday November 21, 2020 to Sunday December 20, 2020. The challenges can be completed in any order on any day except where stated.

GRAND PRIZE: Three-Month YMCA Family Membership

The Grand Prize will be awarded to the group/ family/ team/ individual who completes the most points (in case of a tie there will be a drawing from all the tied entrants)

PARTICIPATION PRIZES:

Each group/ family/ team/ individual with at least 20 points will be awarded a participation package/ goodie bag. Packages will include, but not limited to, program vouchers to the YMCA and/ or BC Parks & Rec., merchandise, gift certificates, etc.

*BIRTHDAY PARTY RAFFLE:

Each time you post on social media using #brocoymcafallfitnessfun your username will enter a raffle to win a Birthday Party at the YMCA!! The more you post the greater your chances of winning. Your Birthday Party will include use of the YMCA's Multi-Purpose Room (complete with a smart TV and stereo system) and pool time for you and your friends! Turn in your challenge form to the YMCA by **December 20th**

It's always good to check with your doctor before beginning an exercise routine.

Name(s): _____

Contact: _____

Comments: _____

Total Points Earned: _____

Staff Initial: _____ Date: _____

For Questions please contact the Brown County
YMCA at 812-988-9622 or email
AnnaHofstetter@browncountyyymca.org



Family Fun Fitness Challenge!

November 21, 2020
to
December 20, 2020

CHALLENGES

We encourage families/ teams to complete these challenges together. However, individuals are not excluded. All are welcome to participate in this Fall Fitness Challenge. Families come in all shapes and sizes, some have human babies, some have fur babies, others have adult babies. Have Fun!

- Pick up trash during challenges, when you have the opportunity. *
- Run or walk 30 minutes at BC High School track. Lights are available. *
- Attend a Water Aerobics class at the YMCA. Intense Aqua is free for members, \$3 for non-members. Aqua Power and Silver Splash also available. See Group Exercise Schedule.
- Ride a bike in BC State Park for 3 miles. Bonus Point if you ride for at least 10 miles.
- Have a vegetarian diet for one week; get your protein from nuts or tofu.
- Swim or walk in a pool for 30 minutes at Brown Co. YMCA or an area hotel.
- Turn off the TV for one whole day. This includes shows online, Netflix etc.
 - X20 Bonus Points** if you challenge yourself to completely avoid ALL screens for one full day. Phone calls ONLY ok.....but no text, Netflix, games, email, social media, etc! 24 hours...no cheating!
- Purchase and prepare a vegetable that you've never tried. Found something awesome? ...
 - ...**Bonus Point** for sharing your new vegetable and recipe on the YMCA's Facebook page. *
- Hike a trail at TC Steele State Historic Site.*
- Attend a Zumba class at the YMCA - free for members, \$3 for non-members. *
- Hike a Trail in BC State Park for at least 3 miles. *
 - Bonus Point** if you climb the fire tower as well. *
- Floss your teeth every day for one week. Fun videos encouraged! *
- Hike a trail at Yellowwood State Forest for at least 30 mins. *
- For one whole day. Stick to water, skim milk, unsweetened coffee or tea but no fruit juice, soft drinks, wine or beer. Nothing with sugar.
- Play a fun game of touch football before your Thanksgiving feast. Don't have a yard? Deer Run Park and the Brown County State Park offer several grassy areas. *
 - Bonus Point** for coordinating with another family for a scrimmage. *
- Take a family Thanksgiving walk. *
 - Bonus Point** if it's over one hour long. *
- Walk the Salt Creek Trail between YMCA and CVS for 30 minutes. *
- Try Pickleball at YMCA. Fun for all ages. For the gym schedule call or visit the YMCA or online at browncountyyymca.org *
- Run or walk in the Reindeer Romp 5K & 8K in Brown Co. State Park on Saturday Dec. 5th. Register at the YMCA. *
- Take a free tour of the YMCA if you are not a member. Strength train for 45 minutes if you are. Scholarships are available. *
- Drop in for a Yoga class at BC YMCA. Tues/ Thurs @ 8:30am. Fee may apply. *
- Walk or run on trails at Deer Run Park for 30 minutes. *
- Visit the Skate Park at Deer Run Park. Bikes, roller skates/blades, razor scooters and skateboards are all allowed. *
- Hike a trail protected by The Nature Conservancy (<https://www.nature.org/en-us/about-us/where-we-work/united-states/indiana/>) Hitz-Rhodehamel Woods * Whip-Poor-Will Woods *
 - Bonus Point** for both *
- Support the amazing mission of The Nature Conservancy by donating or volunteering. <https://www.nature.org/en-us/>
- Hike a trail protected by Sycamore Land Trust * <https://sycamorelandtrust.org/explore/The Laura Hare Nature Preserve at Downey Hill> * Trelvac Bluffs Nature Preserve *
 - Bonus Point** for both *
- Check out some birds! Spot and identify 3 different species. Visit the BCSP Nature Center for help/ information or visit The Nature Conservancy's website. *