



## **MARCH INTO FITNESS CHALLENGE March 1 – April 4**

Mesabi East Community Education is hosting a Fitness Challenge called "March into Fitness." The purpose of the challenge is to encourage people to get active, healthy and ready for spring!

### **Teams**

Each team will consist of 1-4 competitors. Teammates can be school staff, community members, family or friends. Pick a captain to be in charge of submitting team minutes to Community Ed.

### **Competition**

Each person should log their activities and minutes. Mondays, beginning March 1<sup>st</sup>, the team captain will turn in total team minutes for the week prior to Cherie Grams in the Community Ed. office or email [cgrams@isd2711.org](mailto:cgrams@isd2711.org). There will be a chart posted near the office with a running total of each team's weekly progress.

### **Activities**

Exercise activities can include anything that is not part of your normal routine. Such as walking, running, aerobics, yoga, weight-lifting, dancing, swimming, snowshoeing, bicycling, splitting wood, shoveling, etc.

### **Cost**

The cost to participate is \$20 per person. Each person will receive a free pass to the fitness center from March 1 – April 4, a fitness challenge t-shirt and chances for weekly prizes.

### **Prizes**

The teams who log at least 500 weekly minutes (combined total) will have their team names put into a drawing for a prize. Weekly prizes will be awarded to each member of the team whose name is drawn. The team with the overall most minutes exercised at the end of the contest will receive a 6-month pass to the ME Fitness Center and a traveling trophy; and bragging rights = )

### **Registration**

Please see Cherie in Community Ed, visit the ME website ([www.isd2711.org](http://www.isd2711.org)) or request the forms by emailing the above address. All forms must be returned to Cherie by February 23<sup>rd</sup>.



# MARCH INTO FITNESS TEAM ROSTER

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

**\*Indicate a t-shirt size for each team member\***

Captain Name: \_\_\_\_\_ S M L XL 2XL 3XL 4XL

Name: \_\_\_\_\_ S M L XL 2XL 3XL 4XL

Name: \_\_\_\_\_ S M L XL 2XL 3XL 4XL

Name: \_\_\_\_\_ S M L XL 2XL 3XL 4XL

Return this form along with payment to Cherie Grams in Community Education by  
February 23, 2021. Thank you and **GOOD LUCK!**



## MARCH INTO FITNESS TEAM LOG ENTRY FORM

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

Week #	Minutes
1	
2	
3	
4	
5	
<b>TOTAL</b>	

**Keep track of your team minutes on this form each week. On Mondays (beginning March 8), turn in team minutes to Cherie or email at [cgrams@isd2711.org](mailto:cgrams@isd2711.org). After Week 5, form can be returned to me. Thank you!**