



BEAT YOUR MILE

JUNE 12TH- 28TH

- Run one mile by June 12th and record your time with Hope at the front desk
- Follow the training plan provided by Fitness Center staff (June 12th-June 26th)
- Once the training program is complete, run another mile and see if your time has improved (Second mile must be completed by June 28th)
- Those who improved their mile time will be put into a prize drawing for a Project Wellness Chair Massage (two winners)