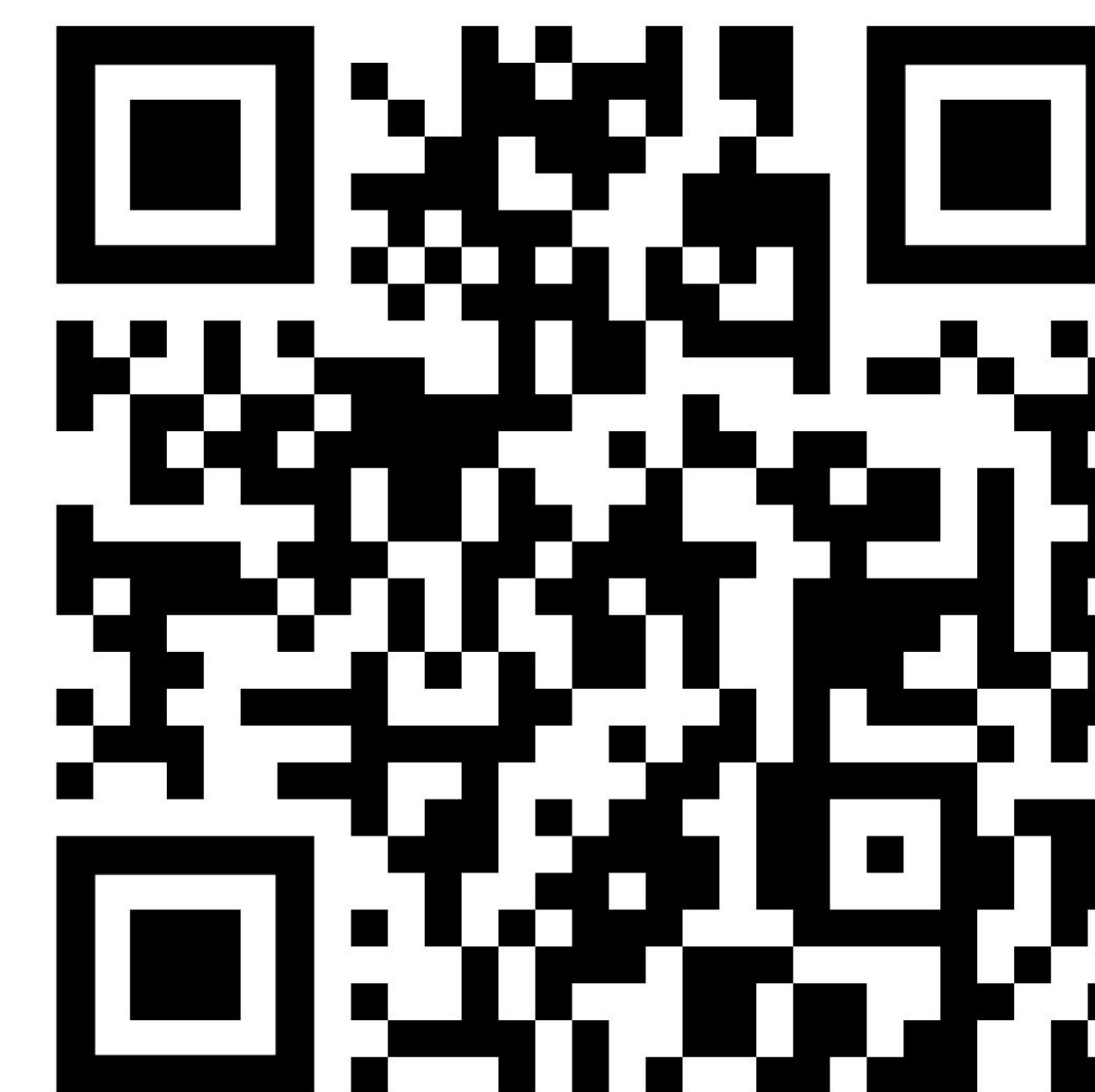




NEW CHALLENGE

Step Challenge



09.01 - 22.01

How to go back smoothly to a consistent fitness routine after the holidays? Winter exercise can be challenging when it's cold and dark outside, and it is natural for the body to decondition itself after a break. Start slowly with the 8K step challenge! Walk or run 8.000 steps daily and for 2 week to gently ease your way back into your fitness regime.