



**Overall Challenge Goals** (print this page to help you track your success)  
We'll add some challenges as we go – but these are some basics to help get you started.

**General Challenges:**

1. Find a partner(s) to join in the challenge. This will help keep you more active and have more fun at the same time.  
Partner's Name: \_\_\_\_\_

2. Set a goal to do something active:  
3 times a week for the first two months;  
4 times a week for the next 2 months; and  
5 times a week for the last 2 months.

3. Contact a "coach" for support and guidance – for a GMM coach, send us an email to [getfit@memphisflyer.com](mailto:getfit@memphisflyer.com) - and we'll assign one to you!

**Moving Challenges:**

1. Find a walking route around your neighborhood.
2. Get a pedometer and track your steps everyday. Try to get 50 more steps each day.
3. If you work at a desk job, try to get up once every hour to improve productivity, energy and mood.
4. Try one of the Center City Commission's FREE "Move It on Main" events in downtown Memphis – [www.downtownmemphis.com](http://www.downtownmemphis.com) for calendar and info.
5. Participate in one or more of the following races:

May 21 – 6:30p. Zoom through the Zoo – Memphis Zoo.  
1-mile family fun run and competitive/timed 4-miler.  
[www.memphiszoo.org](http://www.memphiszoo.org) for more info.

June 5 – 7p. Harbortown 5K – Benefiting the Boys and Girls Club of Greater Memphis.  
[www.harbortown5k.racesonline.com/](http://www.harbortown5k.racesonline.com/) for more info.

July 3 – 7p. 11th annual Comcast Firecracker 5K for St Jude.  
[www.firecracker5k.com/](http://www.firecracker5k.com/) for more info

August 15 – 8a. Elvis Presley 5K Walk & Run.  
[www.elvispresleyrunandwalk.com](http://www.elvispresleyrunandwalk.com)

September 18 – 7p. 17th annual Cooper Young 4-miler.  
901-484-6302 or 901-553-0183 for info

October 31 – 8a. Susan G Komen Race for the Cure – Germantown.  
[www.komenmemhis.org](http://www.komenmemhis.org) for info.

6. Try something you haven't done before: Yoga, Pilates, Salsa, Bike Riding... check out our partners' websites for more information or go to [memphisflyer.com](http://memphisflyer.com) and search our "fitness & sports" listings.
7. Exchange 1 hour a week of television watching and play with your kids, go outside and garden or just walk around the block. Try to decrease TV time by 5 minutes each week.

### **Healthy Eating Challenges:**

1. Challenge yourself to eat breakfast everyday. Sub-challenge: try to avoid eating in front of the television.
2. Limit sweets to a couple of times per week. This does not include fruits.
3. Drink water (this can include sugar-free flavored waters) instead of sodas.
4. Aim to eat at least 2 fruits and 2 vegetables per day.