

25 DAYS OF FITNESS

Thursday, April 6
thru
Sunday, April 30



What IS 25 Days of Fitness?

The Department of Recreation Services, Healthy Monday Syracuse, the Syracuse University Wellness Initiative and the Summit Federal Credit Union are sponsoring a **campus-wide event to kick-start the beginning of the spring season and encourage individuals to challenge themselves to a healthier lifestyle.** Syracuse University, SUNY ESF and Upstate Medical University students, faculty and staff will track their daily distances converted to miles through walking, running, rolling, hiking or climbing.

Participants are encouraged to register as a team and report daily their distance through the registration website. The team that reports the greatest distance upon completion of 25 days will receive a trophy to display in their office. Additional prizes will be provided to the most-improved team as well as the top individual finishers. Teams will consist of at least four individuals. For teams with more than four individuals registered, the top four distances will count toward the team total distance.



REGISTER TODAY!

Beginning on **Monday, March 20**, register online at <http://recreationservices.syr.edu>

The first 50 registrants will receive a pedometer provided by the Summit Federal Credit Union. Pedometers will be distributed at The Summit table at the annual Health and Wellness Expo on Wednesday, March 29 from 11:00am-2:00pm in Flanagan Gymnasium.



embody
Syracuse University Wellness Initiative



Healthy Monday Syracuse
The day all health breaks loose

the **SUMMIT**
FEDERAL CREDIT UNION

