



May In Motion

Dover Township

Eastern York Recreation Authority

Manchester Township

Red Lion Borough

Spring Grove Regional Recreation

West Manchester Township

York Township



Community Fitness Challenge

May 1-31

Informational Packet



Thank you for registering for the May in Motion Community Fitness Challenge! At the end of May, we will see which department wins the coveted trophy. This trophy will stay with the winning department until next year when it travels to the new winners.

Be sure to track your minutes of physical activity each day. What type of activity counts? Hiking, running, biking, swimming, walking, exercising, yoga, sports practices, dance class, kayaking, rock climbing, karate/martial arts, marching band/color guard, dance party (Just Dance, anyone? Or old school with DDR!) – if you are moving; you should be counting!

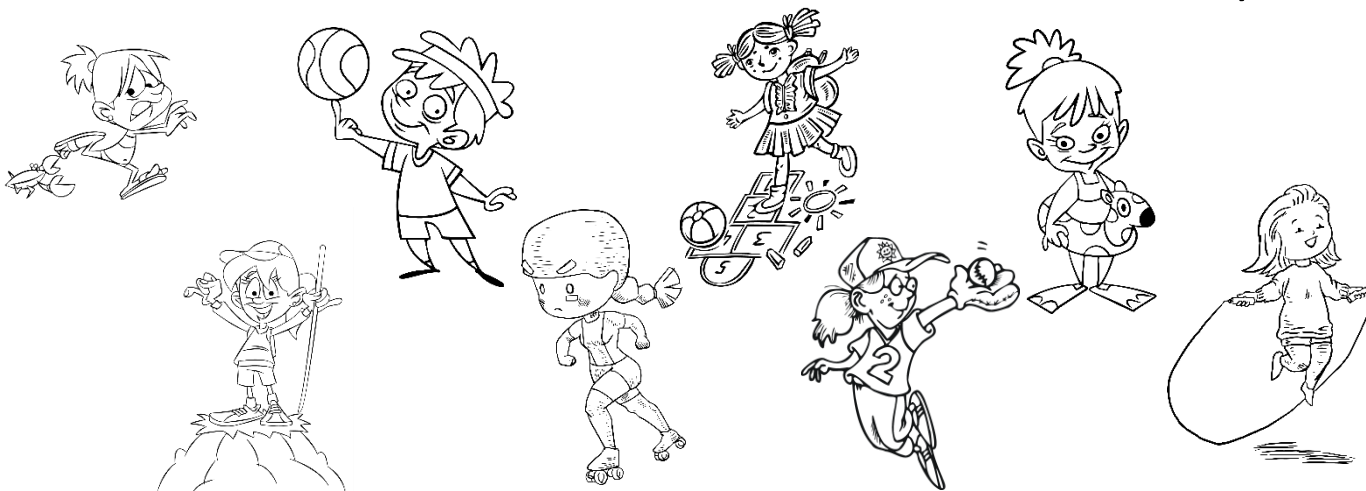
You will receive an email weekly with a survey. Enter your numbers into the survey. Minutes tracked are on the honor system.

Thanks again and GET MOVING!



York Area Recreation Directors (YARD)

Chalet, Jessica, Nate, Meredith, Kate, Lori, Kristi and Carly



| Date | Description | Minutes Moved | Daily Total |
|---------------------|-------------|---------------|-------------|
| May 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| Weekly Total | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| Weekly Total | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
| Weekly Total | | | |
| 24 | | | |
| 25 | | | |
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |
| 31 | | | |
| Weekly Total | | | |