



MARCH INTO FITNESS CHALLENGE

February 28 – April 10, 2022

Mesabi East Community Education is hosting a 6-week Fitness Challenge called “March into Fitness.” The purpose of the challenge is to encourage people to get active, healthy and ready for spring!

Teams

Each team will consist of 1-4 competitors. Teammates can be school staff, community members, family or friends. Pick a captain to be in charge of submitting team minutes to Community Ed.

Competition

Each person should log their activities and minutes. Mondays, beginning March 7th, the team captain will turn in total team minutes for the week prior to Cherie Grams in the Community Ed. office or email cgrams@isd2711.org. There will be a chart posted near the office with a running total of each team’s weekly progress.

Activities

Exercise activities can include anything that is not part of your normal routine. Such as walking, running, aerobics, yoga, weight-lifting, dancing, swimming, cycling, splitting wood, shoveling, etc.

Cost

The cost to participate is \$25 per person. Each person will receive a free pass to the fitness center from February 28 -April 10, a fitness challenge t-shirt and chances for weekly prizes.

Prizes

The teams who log at least 500 weekly minutes (combined total) will have their team names put into a drawing for a prize. Weekly prizes will be awarded to each member of the team whose name is drawn. The team with the overall most minutes exercised at the end of the contest will receive a 6-month pass to the ME Fitness Center and a traveling trophy; and bragging rights =)

Registration

Please see Cherie in Community Ed, visit the ME website (www.isd2711.org) or request the forms by emailing the above address. All forms must be returned to Cherie by Feb. 18th.



MARCH INTO FITNESS TEAM ROSTER

Team Name: _____

Indicate a t-shirt size for each team member

Captain Name: _____ S M L XL 2XL 3XL 4XL

Name: _____ S M L XL 2XL 3XL 4XL

Name: _____ S M L XL 2XL 3XL 4XL

Name: _____ S M L XL 2XL 3XL 4XL

Return this form along with payment to Cherie Grams in Community Education by February 18, 2022. Thank you and **GOOD LUCK!**



MARCH INTO FITNESS TEAM LOG ENTRY FORM

Team Name: _____

Week #	Minutes
1	
2	
3	
4	
5	
6	
TOTAL	

Keep track of your team minutes on this form each week. On Mondays (beginning March 7th), turn in team minutes to Cherie or email at cgrams@isd2711.org. After Week 6, the form can be returned to me.

Thank you!