

# GO FOR SILVER

Level Two | Summer Games 2024

- Complete a two mile run/walk
- Complete a family one mile run
- Take and post a YMCA group selfie
- 12,500 steps on three consecutive days
- Try a new Group Ex class
- Swim five laps in the Y pool
- Do 15 minutes on the elliptical
- Attend a Cardio Tennis class\*
- Do 25 push-ups
- Eat three servings of fruit in one day
- Tell two people you are thankful for them
- Trail walk in a different county
- Take your pet for a run
- Eat at least three salads for the week
- Cook dinner with your family
- Do 100 jumping jacks
- Walk 15 minutes in the Maple resist. pool
- Meditate for 30 minutes
- "Pay it forward" in the drive through
- Clean your favorite tennis shoes

Complete at least 10 of these activities and trade in this card at the Welcome Center. Be sure to fill out your Silver Medal and grab your Gold Card. **\*Free to first time participants.**



## Let the Games Begin:

In the spirit of the Paris Olympic Games, the Y is challenging you to expand your horizons.

From July 22 to August 11, complete 10 of the activities on each card to earn medals, enter drawings, advance to the next level, and win a free t-shirt (available on a first-come, first-served basis).

Win free months of membership, merch, and more! The final prize drawing will be held Monday, August 12. Members need not be present to win.

**Shoot for the stars! You got this.**

