



THE RESET CHALLENGE

REFRESH • RECONNECT • REINVEST

Getting healthy has never been more important. At a time when so many people's mental and physical wellbeing is suffering from a hard year, the Y is getting ready to launch a FREE 21-day wellness challenge to give anyone, YMCA member or otherwise, what they need to RESET after 2021.

HOW DOES IT WORK?

This Free 21-day challenge is designed to get you up and moving at least 30 minutes a day. Plus, our Y Health Coaches will help you focus on a new theme each week: REFRESH, RECONNECT and REINVEST.

The Challenge begins February 7. You'll get information via text and email each week, and your YMCA branch will have special options designed to help you discover a new way to get healthy in the new year. Everyone who completes the challenge will receive a RESET Challenge T Shirt!

WHO CAN JOIN?

Anyone ages 13 and up who want to RESET in the new year.

HOW DO I PARTICIPATE?

Sign up is easy. Simply text the keyword RESET to 844-889-6222 or scan the QR Code on this flyer to sign up. Sign up is now open and we can't wait to help you hit the RESET button for 2022!

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