



YMCA WORLD CUP CHALLENGE

This summer, just as you watch national teams progress through competitive brackets to earn the World Cup Soccer Trophy, the Y is challenging our members to do the same. Regardless of your age or ability, the YMCA World Cup Challenge will help you explore new activities, improve your health and learn more about the Y. Today's Y is a cause, a mission, a way to connect with others and strengthen our entire community. So come on, and take the challenge!

HOW THE CHALLENGE WORKS

The challenge follows the World Cup format and is broken into five distinctive "rounds" with each lasting approximately one week.

During each round, "players" must complete a designated number of Exercise Activities and one Y Awareness Activity. The completion of activities advances to the next round. Make to the Championship Round and win a prize.

Y Awareness Activities may include: Learning more about Food Program and taking the YMCA Diabetes Prevention Quiz.

To play, go to the board in the Cardio Fitness Room on the 2nd Floor.

