



# HEALTH TRIP

Sponsored in part by Grand Forks Public Schools.

ALTRU FAMILY YMCA | WINTER 2021

**February 8 – April 2, 2021**

## HOW TO REGISTER



Individuals can register online or by phone and are invited to form teams if they choose.

**Registration is available online at: [www.gfymca.org](http://www.gfymca.org)**

**Registration is available by phone: 701-775-2586**

**Cost: \$15 / person**

**Kick Off: Monday, February 8**

For more information, contact:

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Healthy Living Director  
Altru Family YMCA  
[asorum@gfymca.org](mailto:asorum@gfymca.org)  
701-775-2586

### About Health Trip

Health Trip is over twenty five years old. After a short break, the event was resurrected in 2020. While Grand Forks Schools has been a major partner for six years, Health Trip has been a popular program with teachers, administration, and support staff. This city-wide activity has had as many as 1,200 participants.

## HEALTH TRIP 2021 IN THIS TOGETHER



The Altru Family YMCA, in partnership with Grand Forks Public Schools, presents “**Health Trip 2021 – In This Together**”, an eight week wellness program focusing on physical and mental health.

The event kicks off Monday, February 8. The cost is \$15 per person.

Participants are encouraged to make healthy choices and participate in physical activity, tracking their progress on a map. Sponsoring organizations and businesses will be represented as stops on the map and will offer discount codes or digital coupons and be entered in drawings for gift cards. There will also be workout tips, nutritional information, Zoom workouts, and more.

The goals of the program are to provide a variety of incentives for community participants to reach healthy goals and to support local businesses that have been affected by the unsteady business environment.

Area businesses/sponsors include:

**Altru Family YMCA**  
**Grand Forks Public Schools**  
**Pita Pit**  
**See Dick Run**  
**Impact Nutrition**  
**Ely's Ivy**  
**Boss' Pizza and Chicken**  
**Natural Grocers**  
**Rhombus Guys' Pizza**  
**XL 93**

