



LAKE BODY CHALLENGE

Spring 2023

April 26 – June 21, 2023

What is the Lake Body Challenge?

The Lake Body Wellness Challenge is an 8-week program designed to help people get ready for summer activities, but it is much more laid back than a Beach Body Challenge. It will include indoor and outdoor group activities as well as individual fitness, nutrition and wellness challenges.



The Lake Body Challenge encourages not only physical fitness and fun, but better nutrition, stress management, and overall wellness. This year's event will go from April 26th to June 21st, the official start of summer.

Participants Track Their Progress.

The Lake Body Wellness Challenge is a goal-oriented program. Participants will track their progress on a map; the more physical activity and healthy lifestyle changes they make, the farther they get on their map. The program is designed to give individuals the flexibility to pick their choice of physical activity and healthy alternatives.

Registration & Cost

Participants will register individually and take part in group activities. Register now through May 3rd. The cost is only \$30 per person for Altru and YMCA employees and \$40 for the public and includes a t-shirt.

The registration event will be at the Grand Cities Mall on April 22nd starting at 10:00 AM.

Contact Adam Sorum

For more information, contact Adam Sorum at the YMCA by calling 701.775.2586 or emailing asorum@gfymca.org.