The heavy metal challenge invites you to do 250 minutes of strength training during the next month (63 minutes per week). Strength training improves your coordination, reduces your chance of injury, improves your posture, and makes your bones stronger. Track how many minutes you strength train each day. To complete the challenge, track 250 minutes or more.

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org