
































Heavy Metal



Sept 1st- Sept 30th

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.

 Sep 1	 Sep 2	 Sep 3	 Sep 4	 Sep 5	 Sep 6	 Sep 7
 Sep 8	 Sep 9	 Sep 10	 Sep 11	 Sep 12	 Sep 13	 Sep 14
 Sep 15	 Sep 16	 Sep 17	 Sep 18	 Sep 19	 Sep 20	 Sep 21
 Sep 22	 Sep 23	 Sep 24	 Sep 25	 Sep 26	 Sep 27	 Sep 28
 Sep 29	 Sep 30					

I've completed the challenge!

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