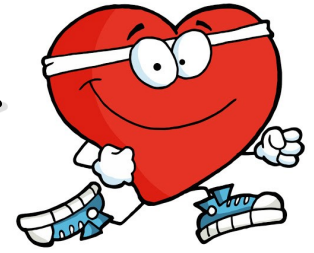


Somersworth Recreation

# Fit February



## Community Fitness Challenge

Join us all February long for a friendly fitness challenge!! The goal is to get at least 30 minutes of physical activity each day (or more!!) Use the challenge log sheet to help keep track of your daily fitness goals. See the list below for some activity ideas or come up with your activity that gets your heart rate up!

### How to Participate: Open to all Somersworth residents/ all ages!

- Use the challenge log sheet to track your fitness activity minutes during the month of February.
- Send us your completed log sheet by Friday, March 5th for a chance to win a \$50 gift card (4 winners will be chosen)!! Eligible raffle winners must complete 30 minutes of physical activity at least 3 days per week in each week of February.
- A printable/fillable version is available on our website or you may pick one up at the Rec Office.




### How to send in your completed log sheet: Call us with any questions– 603-692-9508

- Snap a photo of your completed log sheet & email (or scan & email) to:  
[kdavenport@somersworth.com](mailto:kdavenport@somersworth.com) or [mpotter@somersworth.com](mailto:mpotter@somersworth.com)
- By Mail: 1 Government Way, Somersworth, NH 03878



## Need Some Activity Inspiration?!

Follow our 'Somersworth Recreation' Facebook Page as we'll be posting fitness resources throughout the month to help get you motivated and inspired. In the meantime, here's some ideas:

- Walking, Running, Hiking
- Fitness videos or classes
- Yoga, Pilates, PiYo
- Weightlifting 
- Circuit training
- Skiing/Snowboarding
- Snowshoeing
- Sledding 
- Ice Skating
- Shoveling snow
- Boxing/Kickboxing 
- Dancing/Dance fitness
- Practice sports skills
- Build your own workout
- Heavy calisthenics

\*Some activities may include active & resting time like skiing/snowboarding. Include only the minutes of active time on your log sheet. Example: don't include your time in the lodge or on the ski lift.

\*\*Please understand that these activities are provided as ideas and there is no requirement to participate; additionally, participants should refrain from activities beyond their capabilities to safely complete.