

GO FOR **BRONZE**

Level One | Summer Games 2024

- One mile run
- Youth one mile fun run
- Take & post a selfie with the torch
- 10,000 steps on three consecutive days
- Take a group exercise class
- Jump in the pool
- Try a new piece of cardio equipment
- Play a game of pickleball or racquetball
- Do 10 push-ups
- No soda for one week
- Write down five things you are grateful for
- Trail walk in your county
- Take your pet for a walk
- Meatless Monday
- Take the family (or friends) on a picnic
- Fifty jumping jacks
- Run through a sprinkler
- Buy a meal for a friend
- Pick up trash in your neighborhood
- Introduce yourself to another Y member

Complete at least 10 activities and trade in this card at the Welcome Center. Be sure to fill out your Medal and grab your Silver Card.



Let the Games Begin:

In the spirit of the Paris Olympic Games, the Y is challenging you to expand your horizons.

From July 22 to August 11, complete 10 of the activities on each card to earn medals, enter drawings, advance to the next level, and win a free t-shirt (available on a first-come, first-served basis).

Win free months of membership, merch, and more! The final prize drawing will be held Monday, August 12. Members need not be present to win.

Shoot for the stars! You got this.

