

## December 2017 Challenge Options:



Option 1: Complete the Jingle Bell 5K & Mile

Modification – Walk instead of run

(Please see Platte River Fitness Series for more information)



Option 2: Walk at least 10 minutes every time sweets are consumed this month

Modification – Walk at least 5 minutes

Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!