

Fit at Home

Boyertown Wellness Challenge

What is Fit at Home Challenge? During the time when we are asked to stay home, it is important not to surrender to anxiety, boredom, and negative emotions. This challenge will help you to stay in shape both physically and mentally by encouraging you to engage in physical, social and emotional activity each day. Every Monday, we will post a physical activity log, journaling log, and a list of daily challenges. All you need to do is follow along and have fun.

When does it start? The challenge starts on Monday, March 23rd, and lasts for as long as the schools are closed.

Who can participate? ANY Boyertown Area School District Student, Student Family Member, Staff, Staff Family Member or Boyertown Community member!

How do I sign up? There is no need to sign up. Just log on to our website and print out the weekly log and challenges. <https://www.boyertownasd.org/Domain/47>

Do I send in my weekly logs? Every Monday, we will post a link to a brief survey asking you to record the number of days you successfully completed the challenge. This is so that we know how many people are participating. Each time you complete the weekly survey, you will be entered into a drawing for prizes.

How much does it cost? It's FREE. The Fit at Home Challenge is sponsored by businesses and organizations that graciously provided donations.

How do I win? You win by participating! It does not matter if you meet one or all of the weekly challenges. Every time you complete the weekly survey, you will be entered into a drawing for prizes.

Where do I find the weekly logs and challenges? You will find all information on our Wellness website: <https://www.boyertownasd.org/Domain/47>. Make sure you come back every Monday to get your weekly logs and challenges and to complete the weekly survey.

What if I have any questions? E-mail us at wellness@boyertownasd.org

