



## Holiday Mile® Challenge Program

Join our team for the Holiday Mile® Challenge

**Goal:** Total 38 miles by the end.

**Duration:** 38 days, 11/26/2020 - 1/1/2020

**Thanksgiving to New Year's.... it's a weight gain nightmare, but it doesn't have to be! Join the Holiday Mile!**  
**Run, walk, bike or swim at least 1 Mile a day for 40 days, Thanksgiving to New Years.**

**CHALLENGE:** Stay fit and motivated during the calorie-filled holiday season by pledging to run, walk, bike or swim at least one mile every day, from Thanksgiving until New Year's Day... and then your New Year's resolutions take over! We call this The Holiday Mile. Each participant receives a T-shirt, Finishers Medal and is eligible for some BIG prizes!

**SPECIAL TEAM / COMPANY AWARDS!** The Holiday Challenge is designed to encourage and maintain healthy life styles and reward individuals for doing so. Team members are eligible for weekly prizes!

**CELEBRATE:** Medals and T-shirts will be provided to all finishers at the end of the event. LIKE the Facebook page at <https://www.facebook.com/holidaymile/>

**[Click here to accept the challenge! www.holidaymile.com](http://www.holidaymile.com)**