

December 19, 2018

Wellness Meeting

- I. LK FLAB Club Results
- II. Beginning of the year "Get Fit" Ideas
 - a. Complete Wellness Challenge: eight-week challenge focusing on a personal health goal, utilizing fitness, nutrition and health coaching milestones to achieve it.
 - b. Walking Challenge: Weekly challenge where participants/teams log steps over the course of several weeks. Goal of 10,000 steps per person per day.
 - c. Physical Activity Challenge: Participants set their own goals in a twelve-week physical activity challenge that encourages people to be active with all types of activity
 - d. "Winning At Losing" Program: 12-week weight loss competition, based on percentage of weight loss, not total pounds lost. Each participant who weighs in each week will receive an email with program updates, health tips and motivation. Optional: group meetings to share successes/challenges during the challenge.
 - e. Train for a 5k Program: run/walk training program, for all ability levels. Weekly training tips about proper nutrition and training schedule are provided.
 - i. Inflatable Run and a Phoenix Zoo Run are coming in March.



EVENT DATE & TIME March 02, 2019 9:00 AM - 11:00 AM
EVENT LOCATION & MAP Wild Horse Race Park 20000 Maricopa Rd
2600 N Belt Dr
Chandler , AZ 85227
United States
\$35

Zoo Move & Groove 5K

March 9, 2019 7 a.m. – 9:30 a.m.

Join the Phoenix Zoo for a day of moving and grooving for the animals!



Saturday, March 9, 2019
5K Run/Walk Fitness Festival
\$35

Our third annual Zoo Move & Groove is a celebration of getting healthy and staying fit... with a unique Phoenix Zoo twist!

Race registration and additional shirts purchased benefit the non-profit Phoenix Zoo. Other fundraising proceeds (medals, individual/team fundraising, donations) benefit the [Tiger Conservation Campaign](#).