



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHOW YOUR HEART SOME LOVE

Whether you enjoy walking, cycling, cardio classes or going for a light jog, cardio helps strengthen your heart muscles. During the month of February, the Portage Township YMCA & St. Mary Medical Center challenge you to cardio workouts 3x per week or more!

1. Tag Portage Township YMCA in 1 sweaty selfie per week with the hashtag **#HEARTHEALTHYCHALLENGE**
2. Three (3), 30-minute cardio workouts per week
3. Attend one or more group exercise classes per week

Each week enter to win a free massage using the QR code and answering 3 simple questions.





SHOW YOUR HEART SOME LOVE



29 Day Healthy Heart Challenge

Goal: 3, 30-minute Cardio Workouts Weekly

Day 1	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 16	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 2	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 17	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 3	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 18	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 4	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 19	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 5	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 20	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 6	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 21	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 7	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 22	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 8	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 23	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 9	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 24	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 10	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 25	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 11	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 26	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 12	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 27	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 13	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 28	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 14	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total	Day 29	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total
Day 15	♥ ♥ ♥ ♥ ♥ ♥ = ____ Total		



Log Your Workouts Here!



FREE Heart Stress Balls*
*While Supplies Last