

# Turkey Shuffle

## November 3 - 21st

*Why wait to exercise?*

Join the **Turkey Shuffle** & walk, run, bike, stretch, lift weights..... MOVE your way to better health *before* the Holiday rush!

**5 TURKEY'S WILL BE GIVEN AWAY!**

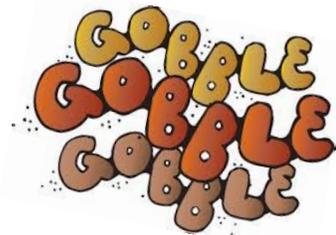
*What better way to EARN your Thanksgiving Dinner!*

### REQUIREMENTS:

1. Track the minutes & type of exercise you completed on the tracking sheet provided.
2. **Work toward a minimum of 150-min. per week (Monday - Sunday).**
3. If you meet the requirements, your name will be entered into a drawing to win a Turkey.
4. Winners will be announced Nov. 24th at the end of the day!

### Daily Examples:

- Walk, jog, or run
- \* Do yoga
- \* Swim
- \* Lift weights
- \* Bike
- \* Commercial workout (when watching TV get up and move on commercial breaks). *Don't forget to watch the clock!*
- \* On your work break take a brisk walk



**Open to all City employees & their immediate family members.**

Contact Mary at [mfacciani@cityofcasperwy.com](mailto:mfacciani@cityofcasperwy.com) or 235-7514 to sign up.

Be  **for YOUR Health!**