



Heart Health Challenge

Incentive Program

During the week of
Feb. 22-26, 2021

In recognizing February as Heart Health Month, the Nimkee Fitness Center is challenging you to come into the Fitness Center three out of five days to perform a minimum of 20 minutes of cardio activity during the week of Feb. 22.

The purpose of this challenge is to show you how you can find time to do minimal exercise each week to begin on a road to a healthy heart!

For more information, please visit:

The Nimkee Fitness front desk or call 989.775.4690

Perform 20 minutes of cardio three out of five days and get put in a prize drawing!

Prizes include:

- 2x \$20 Mobile Gas Cards
- 2x Nimkee Fitness T-shirts
- 2x Nimkee Fitness Water Bottles



Download the LF Connect App

and scan your workouts to get an extra name in the drawing (*Minimum of 10 minutes per workout on app*)

**Must sign in on the Take 20 sign-in sheet every day during the challenge week.*



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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