



#PEER360FITNESSCHALLENGE

E. Broadway Rd.

Shepherd Rd.

Saginaw
Chippewa
Academy

Woodshop

1. Benefits of Exercise
2. Exercise for Heart Health
3. Importance of Strength Training
4. Water is Essential
5. Live Longer & Functionally Fit
6. Build Habits & Make Goals
7. Accountability

Bridge

Finish

Behavioral
Health

Start

New Road

Seventh Generation
Powwow Grounds

Seventh
Generation

E. Remus Rd.