

Design *YOUR* Wellness Challenge!

Join us any time from now through December 31, 2021. Make the most of *CESI on the MOVE* as a fundraiser! Be sure to share your goals with friends and family. Ask them to donate to your 'run sign up'. All donations go directly to [Cooperative Elder Services, Inc.](http://www.elderdayservices.org)



Here are some ideas from the staff at Cooperative Elder Services!

- Set a goal to be active every day (choose an activity that is fitting for you)
- Find a chair yoga video on TV/YouTube and participate once a week
- Choose a wellness buddy and identify a shared goal
- Walk for 15 minutes a day, every weekday
- Run for 20 minutes a day, every weekend day
- Walk, run, or roll 2,021 miles by the end of the year 2021
- Walk, run, or roll a lap around a local track
- Walk, run, or roll a 5k
- Train for an upcoming event or race with an activity level or distance goal

