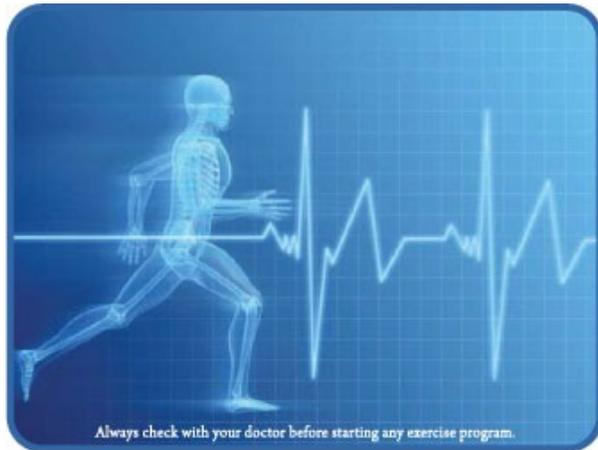


Accelerate to a Healthy Lifestyle: EXERCISE!



June
July
August

30 minutes of exercise
3 days per week

During the months of June, July, and August, the ES&H Section is sponsoring a fitness incentive program.

This program requires participants to log a minimum of 30 minutes of exercise three days per week.

At the end of each month, you must mail your log to ms 119 to win prizes. If you want to win additional incentives, form a team and exercise together.

All team members will have a chance to win more prizes.

Sign up Here!!



Log Sheets

June

July

August

Resources

Fermilab Recreation

Guidance from the U.S. Department of Health & Human Services

If you have any questions regarding this program please email esh_admin@fnal.gov

