



FEBRUARY IS NATIONAL  
HEART HEALTH MONTH

# Heart Health Challenge 2022

FEBRUARY 1ST - MARCH 4TH  
Sign up by FEBRUARY 14TH

\$10 to join the challenge.

**CHALLENGE: 150 MINUTES OF  
EXERCISE PER WEEK  
FOR 4 WEEKS**

SIGN UP HERE:



Participants will receive:

- T-Shirt
- Weekly heart healthy recipes and workouts
- One free February Group Exercise Classes per week
- Weekly prize giveaways

Sponsored by Foster Fitness Center  
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