

WALKING STAY AT HOME CHALLENGE

Season 2

New Mexico Senior Olympics, Inc.



Welcome to SEASON 2 of our free virtual event encouraging seniors to be active while staying home. NMSO is once again offering fourteen (14) individual sport activities, all modified to participate from home. If you are already registered, your registration will work for Season 2! If this is your first time to join, remember to complete and agree to the LIABILITY WAIVER prior to getting started. Season 2 will run May – July 2021. Submit your results monthly to be entered into drawing for a \$100 Gift Card. We encourage you to consult a physician before starting any physical fitness exercise.

WALKING Monthly Challenge Instructions

Walking Challenge is May – July 2021
Log your time spent walking, then submit a total for the month – log sheet provided, or record on a piece of paper.

Wear proper walking shoes

First Month	Walk 150 minutes per week (600 min per month)
Second Month	Walk 175 minutes per week (700 min per month)
Third Month	Walk 200 minutes per week (800 min per month)

HOW to get Started and Report RESULTS

- Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
- Participate and log your scores or times for one full month
- Each month submit challenge results virtually via our website at www.nmseniorolympics.org
- **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon
- Results must include name, sport, gender, age, county, month, times and/or scores
 - *Results are public and will be posted on our website
- All challenges are based on the honor system
- Check NMSO website monthly for results and Gift Card Winner Announcement
- Repeat the following month

Your good health is your greatest wealth. Be safe in everything you do!

