

DANCE Stay at Home Challenge

New Mexico Senior Olympics, Inc.



You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for \$100 Gift Card. Consult a physician before starting any physical fitness exercise.

DANCE Monthly Challenge Instructions

Dance Challenge is four months August - November 2020

Each month do as much as you can and record results

A Dance Resource Virtual Guide with YouTube Suggestions 

All types of dancing are acceptable - Line dance, video dance lesson, create your own routine, group dance virtual dance instructions, aerobic dance, couples dance, etc.

NMSO will schedule a Zoom Dance Fest for a Friday Evening (details to be announced)

First Month - Dance Four Hours (240 minutes)

Second Month - Dance Six hours (360 minutes)

Third Month - Dance Eight hours (480 minutes)

Fourth Month - Dance Ten hours (600 minutes)

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 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
- ❖ All challenges are based on the honor system
- ❖ Check NMSO website monthly for results and Gift Card Winner Announcement
- ❖ Repeat the following month

**Remember have fun, be safe, stay hydrated, dress up,
and wear proper shoes!**

