

GARDENING/YARDWORK 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.

GARDENING/YARDWORK Monthly Challenge Instructions

Gardening/Yardwork activity is four months, August – November

Do a Gardening/Yardwork Activity, as many times as you can each month and enter your time(s) spent on this activity at runsignup.com Tip: Any time used on watering, trimming, mowing, etc are acceptable activities to include in your time spent totals.

First Month 24 hours for the month (No minimum or maximum limit for hours spent on activity)

Second Month 32 hours for the month (No minimum or maximum limit for hours spent on activity)

Third Month 40 hours for the month (No minimum or maximum limit for hours spent on activity)

Fourth Month 48 hours for the month (No minimum or maximum limit for hours spent on activity)

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 to have fun, be safe, stay hydrated,
and wear proper attire!**

