Wellness Walk Challenge

2016-217

During the Wellness classes this year, students will be challenged to accumulate miles while fitness walking. If each class reaches the mileage of the three destinations

1. New York, New York – 315 miles
2. Orlando, Florida – 969.9 miles
3. Las Vegas, Nevada – 2,195. 6 miles

They will earn incentives or have me (Mrs. Kuharic) complete a task.

1. New York – Progressive Muscle Relaxation Day.
2. Orlando –
3. Las Vegas – Do the ice bucket challenge and donate $50.00 to ALS.