TURKEY TROT
NOVEMBER FITNESS CHALLENGE

TAKE 10,000 STEPS PER DAY FOR 30 DAYS!

This November, challenge yourself to stay active and energized by walking 10,000 steps a day. Whether you're hitting the treadmill, exploring the outdoors, or dancing around your living room, every step counts! **Need some fun ideas to get your steps in? Visit https://ymcali.org/novemberchallenge!**

To get started, download our mobile app, and head to the challenge tab!

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Glen Cove • Huntington

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