

FEBRUARY FITNESS CHALLENGE!

Have a Heart for Your Health!



This February, show your heart some love! Join the YMCA's Have a Heart for Your Health Challenge and commit to moving more, feeling stronger, and building heart-healthy habits all month long.

WEEK 1	MOVE MORE – GET YOUR HEART PUMPING
WEEK 2	BUILD STRENGTH – SUPPORT HEART HEALTH WITH MUSCLE
WEEK 3	REST & RECOVER – STRESS MANAGEMENT AND RECOVERY
WEEK 4	HEART-HEALTHY HABITS – CONSISTENCY AND LIFESTYLE CHOICES



**START
CHALLENGE!**



YMCA OF LONG ISLAND

Bay Shore • East Hampton • Patchogue
Glen Cove • Huntington

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