



Here's the challenge!

1. Register for the #ManorStrong Summer Fitness Challenge. It's quick and easy. And it's free!
2. Every two weeks there will be a new fitness challenge to help you stay #ManorStrong. Complete the current fitness challenge.
3. Next, log your activity to show you've met that 2-week challenge goal!
4. Anyone who meets three out of four challenge goals is registered to win one of our amazing gift cards for "quarantine friendly" fun!
5. In addition, there will be gift card winners for each individual challenge. Just complete a given challenge and you're entered to win that 2-week challenge's prizes.

Prizes include take-out gift certificates, Amazon and Netflix cards, and other great prizes.

Weeks One and Two (June 22 – July 5): "In Place" Challenge

For five days each week, do 15 minutes of an "in place" exercise. Jumping jacks, sit ups, walking in place, whatever you're comfortable doing!

Weeks Three and Four (July 6 – July 19): Buddy Challenge

Your dog, your spouse, roommate... choose a buddy and agree on an exercise to do at least for five days each week. (Hint: if it's your dog, this should be easy!) If you can buddy up and exercise together (six feet apart of course) then do that!

Weeks Five and Six (July 20 – August 2): Follow a Video Challenge

For five days each week, find an online video of at least 10 minutes that you're comfortable following!

Weeks Seven and Eight (August 3 – August 16): 7-Day Half Marathon

Run/Walk a 7-day Half Marathon each week! Can you walk 13.1 miles in one week? With just a couple miles per day, you can meet this week's goal. Do it both weeks to complete this challenge.

To Submit Your Challenge Results click [HERE](#).

Winners will be announced after each challenge and at the end of the overall Fitness Challenge. Prizes will be mailed to all winners after each challenge and at the end of the overall Challenge.