

# SPRING FORWARD

*A friendly 6-week fitness challenge for  
West Suburban Health Group Communities.*

**APRIL 9TH - MAY 20TH**

*All team members must be registered by the start date: April 9th.*

**Join for the friendly competition & to strive towards achieving an average of 30 minutes of cardiovascular or strength conditioning fitness, 4 times/week.**

- **TO REGISTER**, click here: [Spring Forward: Registration Link Only](#)  
(This link is for registration only.)
  - From this link: *create an account* if you do not have a Daily Endorphin Account. If you have an account, proceed to it.
  - Click on **Spring Forward**, and then click on your WSHG town or school, and sub-teams if your community has them. *(Please note: There be a minimum number of 4 team members per sub-team.)*

*Please note: To be fair, once registered, individuals will be registered for the full 6-week challenge .*

- **TO LOG IN**, *(once you are registered)*, USE THIS LINK daily or weekly:  
[Spring Forward: Log In Link](#) *(Save this link to use during the challenge.)*
  - Use the pull-down menu (under the exercise tab) to choose the activity that best describes your fitness activity under the cardiovascular, walking or strengthening categories.
  - Record your fitness of **at least 10 continuous minutes**, with a maximum of 120 minutes per day.
  - For the purposes of this challenge, **only minutes of physical activity** will be recorded.

Please note: Your individual minutes will be visible & posted in results.

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Participants entered into the raffle for B'Swell Bottles, Spa & Wellness Gift Cards, Nike Gift Cards and Trader Joe's Gift Cards will be:

-all individuals reaching the goal of **an average of 30 minutes of fitness, 4 times/week**

-all team members\* of the **top 3 community teams**

- all team members\* of the **first sub-team** from each community that entered sub-teams

\* (team members must have participated during the challenge to be in the raffle)

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Contact Michele, WSHG Wellness Coordinator, at [mbcraemer@gmail.com](mailto:mbcraemer@gmail.com) with questions.