12 Days of Fitness challenge

- **Who can participate?**
  Any customer that signs a “12 Days of Fitness” Waiver may participate in the challenge! Because any physical activity can present risks, Whole Foods Market depends on you to use your good judgment and reasonable care for your own safety and the safety of others. You must turn in your waiver in order to receive the daily emails. Waivers can be turned into the customer service desk.

- **What is the “12 Days of Fitness Challenge?”**
  This challenge focuses on adding a little bit of fitness and health to your everyday activities. During the holidays we tend to push these two things to the side, so this is a way to bring them back into focus! Let’s make a commitment to feel GREAT after the holidays this year!

- **When does the challenge take place?**
  The challenge will start on Wednesday, December 11th and go until Sunday, December 22nd. It will be 12 days long! 😊

- **Where does the challenge happen?**
  At your home, at your gym, with your workout partner, etc... We won’t have any formal meet-ups for this challenge. This is something that you’ll be able to do on your own and in your own space.

- **How does it work?**
  Participants who sign up for the challenge will receive an email each morning with a fitness and healthy eating challenge. The fitness challenge will be cumulative (just like the Christmas song)! For example, on the first day of fitness I will give to you: One 10- minute walk/ or run. One the second day of fitness I will give to you: Two Planks and One 10-minute walk/ or run. One the third day of fitness I will give to you: Three pushups, Two planks and One 10-minute walk/ or run. Sound fun, right? I will keep all exercise abilities in mind when sending out challenges, and I’ll also send out directions and pictures of exercises that people may not be familiar with.

  The nutrition part is not cumulative. Along with a new exercise for the day, I will also send you a healthy eating challenge. These challenges will encourage you to eat more veggies, drink more water, choose fruit instead of cookies, etc!

  Email Tammy with any questions or concerns: tammy.karant@wholefoods.com

  **You must turn in a fitness waiver in order to receive the daily emails.**