

Health Trip

takes on the Blue Zones Challenge

Discover a happier,
healthier you in 8 weeks!



Challenge
Kickoff
Jan. 20

YMCA Health Trip takes on the Blue Zones Challenge

Health Trip invites you to take on the Blue Zones Challenge! Together, we'll be on our way to living longer, better by practicing the Power 9—habits of the world's longest living people. By participating in weekly challenges in the Sharecare app and attending in-person events, you'll be entered to win prizes, connect with new friends, and improve your overall well-being.



Overview

1. Attend the Health Trip Kickoff Event or visit the YMCA office to collect your challenge packed and find an accountability buddy.
2. Download the Sharecare app or bookmark it on your desktop to participate in app challenges.
3. Plan a weekly date night with the Y for the next eight weeks.
4. Find an accountability buddy at our kickoff event
5. Devote 30 minutes per day to improving your well-being. Document progress in your log book for a chance to win weekly prizes. Turn in your completed log book at the end of the challenge for entry into the grand prize sweepstakes to win a yearly family YMCA pass or wellness basket.



Event Schedule

Challenge Kickoff

January 20, 2024
10 AM - 12 PM @ YMCA

Week 1: Live Longer, Better

Experience the Power 9
January 24, 2024
6 PM @ YMCA

Week 2: Move Naturally Steps (app)

Walk the Blue Zones (in person)
January 31, 2024
6 PM @ YMCA Gym

Week 3: Relax Your Mind (app)

Purpose Workshop (in person)
February 7, 2024
6 PM @ YMCA Community Rm 2

Week 4: Veg Out! Eat Wisely (app)

Thai Noodles Cooking Demo (in person)
February 13, 2024
6 PM @ YMCA Community Rm 2

Week 5: Simple Peace Downshift (app)

Restorative Yoga (in person)
February 21, 2024
6 PM @ YMCA Yoga Studio

Week 6: Discover Your RealAge (app)

Biometric Screening (in person)
February 28, 2024
6 PM @ YMCA Yoga Studio

Week 7: Get Fit with Friends

Group Fitness Demo (in person)
March 6, 2024
6 PM @ YMCA Fitness Studio

Week 8: Celebration Event

Cooking Demo & Social Hour (in person)
March 18, 2024
6 PM @ YMCA Lobby

Participation Requirements

The Health Trip takes on the Blue Zones Challenge is open to Grand Forks YMCA members 18 years and older.

Challenge registration and administrative fees (paid directly to the YMCA):

- \$10 per person

Participants will receive a challenge t-shirt upon joining.



SCAN to register for Sharecare app and online challenges



CONNECT WITH US!



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BLUE ZONES PROJECT
by sharecare

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