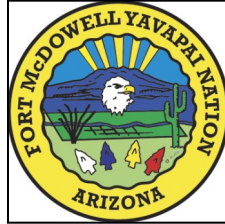


# May is Physical Fitness



## Month



Do you have what it takes...

To be the Fittest at the Fort?



HEALTHY  
FUTURES



Fitness is defined as the body's ability to do work or as the combination of one's Muscle Strength, Muscle Endurance, Flexibility, Body Composition, and Cardiovascular Fitness. During the month of May, the Healthy Future Program will be having weekly friendly fitness challenges to see how physically fit you are, and how it compares to others here at the Fort McDowell. To be eligible participants must be a Tribal Member, Community Member or Employee of Fort McDowell.

## Every Wednesday in May @ noon

**May 7th– Event 1– 1 Mile run for time**

**May 14th– Event 2– Dead Lift for a 1 Repetition Max**

**May 21st– Event 3– Pushups until failure, Sit-ups in a minute, and sit and reach test (flexibility)**

**May 28th– Event 4– ???- This will be a surprise workout to be announced day of event. This will be a metabolic conditioning type workout.**

There will be 2 divisions for both males and females. 18-40 Division and 40+ Division. There will be a point system to help crown the fittest of Fort McDowell. All events will be held at the Fort McDowell Recreation Center. Events will start at promptly at 12:10pm



For Questions about this event, please contact Andrew Gonzales at 480.789.7862