



VERMONT STRONG FITNESS CHALLENGE

APRIL 6—May 17, 2015

*By age 60, the average person will have lost
one third of their muscle mass.*

Strength training can REVERSE this!



Let's get PUMPED!

Challenge Goals

- Log 900 minutes of physical activity (all activities count!)
- Complete weekly tasks focusing on strength training

Visit [LiveWell Vermont Wellness Portal](#) to register by April 6, 2015

Contact: Jessica Moore, Jessica.moore@state.vt.us, 802-828-2846