



TOTAL MINUTE CHALLENGE

WEEK 1



PARTICIPANT HIGHLIGHT

WHO?

Priyanka Kumari
1500 minutes

WHAT STOOD OUT?

Priyanka put up an impressive total for week 1 with 1500 recorded minutes of activity. Not only that, but Priyanka was creative and resourceful with multiple activities, intentionally turning them into an opportunity for improved fitness! In addition to hitting the gym, Priyanka was extremely active at work and around the house - getting extra steps walking from meeting to meeting, unpacking boxes from a move, yardwork, and even changing the tires on the car. Each minute you can elevate your heart rate throughout the day really does add up. Great job, Priyanka!

WORDS OF WISDOM

Priyanka loves to stay energized by listening to her favorite music while doing activities throughout the day - whether that be at home or the gym. It makes it more fun! She encourages others to *keep hydrated, happy, and enjoy what you are doing* while increasing activity levels.