

TOTAL MINUTE CHALLENGE

WEEK 2

**PARTICIPANT
HIGHLIGHT**

WHO?

Heather Kerkstra

748 minutes

10+ different activity types!

THE BREAKDOWN

Heather did a great job incorporating variety into her exercise during week 2! She included boxing, yoga, weightlifting, running, rowing, jogging, biking, swimming, walking, and gardening. When asked which was her favorite, she answered "My favorite exercise is Boxing! It's a fun workout throwing punches on the bag and challenging at the same time remembering the punches called for each 3-minute round."

WORDS OF WISDOM

Heather's advice for those trying to incorporate new types of exercises into their routine is to "go at your own pace and modify if necessary if you are just getting started or it's new to you."