



**Central
Connecticut
Health
District**

It's winter. Need motivation to move? Join CCHD's February Fitness Challenge!

Dates: Sunday, February 16 – Saturday, February 29

Registration begins: Friday, February 7th

(<https://cchd4town.walkertracker.com/>)

Who: Anyone living or working in Berlin, Newington, Rocky Hill or Wethersfield.

What: Select a professionally designed* workout (Beginner, Intermediate or Advanced) All workouts can be done at home, no special equipment is required.

How: Workout details available at ccthd.org. Instructional videos for each exercise are found on CCHD's YouTube page. <https://www.ccthd.org/february-fitness-challenge>

* Special thanks to:

Coach Pete Asadourian, Owner/Founder

Future Fitness Pro, LLC

Strength & Conditioning Coach

Certified Golf Fitness Coach

www.futurefitnesspro.com

