



FREE Fitness Challenge: Stay Health-Y 600

YMCA of Central Ohio

Fri, Mar 20, 2020 at 3:59 PM

Join our FREE virtual fitness challenge



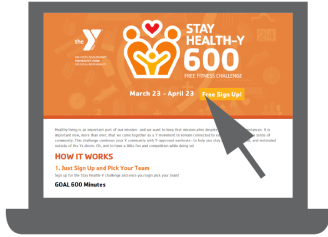
Stay Health-Y with Us

The Y's first FREE Virtual Fitness Challenge is here

Stay Health-Y 600 is a 30-day fitness challenge available at no-cost to you. Compete with other Y members from across the nation to complete 600 activity minutes. Use code **STAYHEALTHY** to get started today!

[Sign Up for FREE](#)

You'll use [YTRAAK](#), our online tracker, to log your workouts and healthy meals. Plus, you'll get to interact with and see how other Y members are staying healthy, too! Sign up now; the challenge starts on **Monday, March 23rd!**



1. Sign up

Create your profile, pick your team (*Team Ohio!*) & connect on Facebook.

Join Facebook Group



2. Workout

We'll provide ideas for you and your family

Workout At Home



3. Track & Win

Log your workouts, and help Team Ohio get the most points!

Track



Download our free [mobile app](#).

YMCA OF CENTRAL OHIO

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We'd like to communicate with you in ways that work for you.