



We've Got Your #MotivationMonday Covered

YMCA of Central Ohio

Mon, Mar 23, 2020 at 3:30 PM

Stay Health-Y 600 Starts TODAY!

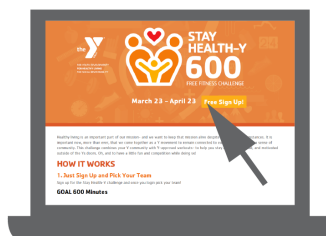


Get Moving With Us

Our first-ever, FREE Virtual Fitness Challenge is HERE!

Join YMCA's across the country for **Stay Health-Y 600**, where you'll complete 600 minutes of activity in 30 days. Log your workouts and healthy meals using our YTRAAK tracking platform to earn points and help our home state win!

[Sign Up for FREE](#)



3. Track & Win

**1. Sign up using code
STAYHEALTHY**

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

**Join Facebook
Group**

2. Workout

Your virtual YMCA awaits with tons of workouts perfect for you and your family.

Workout At Home

Log your activity & healthy meals.

Each point counts to your team's total!

**Track at
ytraak.org**

We're across the country!

Need some extra motivation? Currently, the state of Michigan has 200+ more participants than us; we need YOU to join Team Ohio (for free) to help us beat Michigan! **Let's show everyone what we're made of; this challenge originated right in Central Ohio!**

MOST PARTICIPANTS

#	Branch/Team
580	Michigan
350	Ohio
299	North Carolina
251	Massachusetts
212	Indiana



Download our free [mobile app](#).

YMCA OF CENTRAL OHIO

40 W. Long St. | Columbus, OH 43215 | (614) 389-4409

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