

The Wellness Challenge

O F F I C I A L L Y B E G I N S

Who Can Participate? This challenge is exclusive to Adult RAH members ONLY (Age 18+)

Challenge Dates AND Timings;

19th January 2020 – 27th February 2020

Sun to Thursday 12 to 1pm (flexy timing)

Rules and Regulations;

- Must be punctual
- Must attend at least 5 classes at RAH fitness centre
- Flexy timing: 8:30am-4:30pm (in case 12pm is not suitable)

Points Scoring;

- Attending the challenge program = 1 point per day
- Weekly challenge & outdoors = 3 points per challenge
- Participating in obstacle challenge = 2points

Fitness & Scoring Criteria;

- Reduced fat percentage
- Maintained or improved muscle mass
- Improved cardio capacity & flexibility
- Improved fitness



REGISTRATION AND FITNESS TESTING IS OPEN NOW UNTIL 17th OF JANUARY, HURRY AND GET TESTED BEFORE THE DEADLINE!



[rahc.fitness](https://www.instagram.com/rahc.fitness)



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