



## **2024 Holiday Hustle Challenge November 25 – December 22, 2024**

Get ready for the 2024 Holiday Hustle! Get ready for “SWEATer” Weather and to be challenged!

Members (ages 18+) are invited to take the challenge from November 25 - December 22 and we'll help you achieve weekly goals to fight the holiday workout slump.

You can sign up in our YMCA Mobile App to track your workouts or keep track in your branch. Either way, be sure to fill out the form to get your Holiday Hustle t-shirt! Fill out the form\* by using this QR Code or visit our website to let us know if you're committed to earning a challenge t-shirt by submitting your name, shirt size and preferred branch location for collecting your shirt (expected to be available the week of December 16).



*\*To be eligible for a challenge t-shirt, sign up by December 2!*

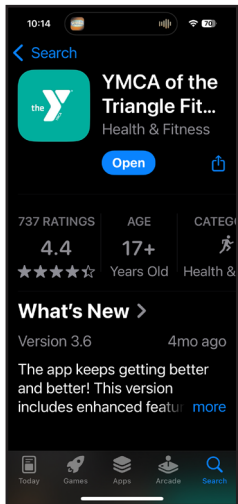
You can participate individually OR by recruiting a Holiday Hustle buddy to form a team! All participants are challenged to record at least 4 workouts each week, with a weekly goal of having at least 150 active minutes (pairs would aim to accumulate 8+ workouts and 300+ active minutes each week).

You can track your workouts in the YMCA Mobile App or tracking sheets will be available at your branch by late November. Dress yours up with a fun pic and/or creative team name.

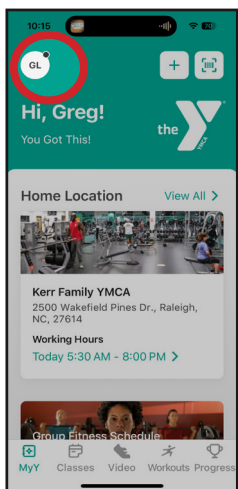
Stay tuned for weekly challenge communications and opportunities to share your progress and encourage others at your branch.

**For more information, contact a member of your branch Health & Wellness Team.**

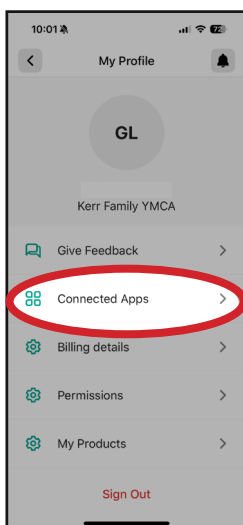
Want to connect your workouts to our YMCA Mobile App to track your workouts? Follow these steps to download and use our app(iPhone Directions)!



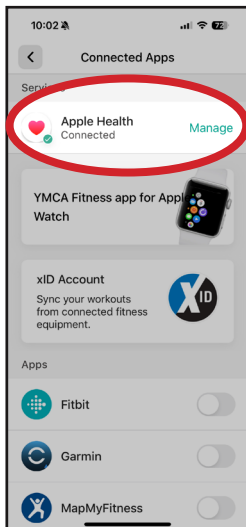
Be sure to search the app store for "YMCA of the Triangle" and download the app if you haven't yet.



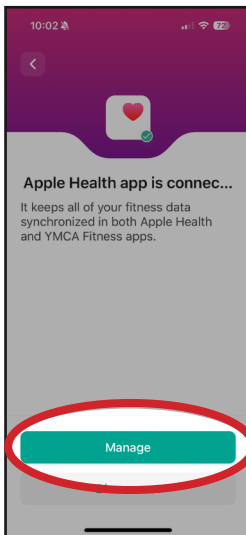
Once you set up your profile, tap the your initials in the upper left corner of the home screen.



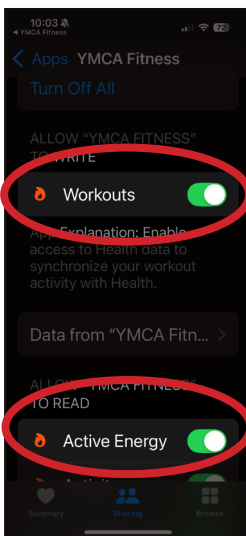
Tap "Connected Apps."



Tap “Manage” next to the Apple Health link at the top of the page.



Tap “Manage” at the bottom of this page.



Give YMCA Fitness access to the “workouts” toggle. We recommend giving the app access to all other data on this page. That’s it! You’re all set to track workouts in the YMCA App. Some workouts may take 24 hours to populate in the app.