

Big Brothers Big Sisters of Yorkton & Area

Fitness Friday

May 7, 2021



Don't forget about the **50 Day Fitness Challenge** happening now.

Head on over to the Facebook Group for full info and to join:

<https://www.facebook.com/groups/bbbs50dayfitnesschallenge/>.

All participants will be entered in a draw for an opportunity to win some awesome **prizes**. Challenge ends May 27, but entries accepted until May 31.

Which one are you?



I think it's safe to say most of us are somewhere in the middle of these two. Or maybe even both sometimes! There is no one-size-fits-all method to our fitness. Let's keep it simple this weekend:

- Grab a friend and go for a walk or bike ride (and post it in the fitness challenge group).
- Google a new healthy recipe and give it a try.

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