

Tunica Health & Wellness Pavilion
FOR MORE INFORMATION CALL 662.357.0523

Join the **100,000 CALORIE** **BURN-OFF CHALLENGE**

Challenge begins January 16, 2018

The goal is to burn-off 100,000 calories the quickest via walking, running, lifting weights, swimming and/or participating in a group exercise class.

Calories will be recorded from machines that record calorie expenditure. Calories will also be measured from the following:

Resistance training	150 calories
Group exercise class	300 calories
Walking 1 mile	150 calories

Swimming

100 meters	- 100 calories
125 meters	- 125 calories
150 meters	- 150 calories

Note: Participants must register for the competition and report calories burned on a daily basis to the Wellness Center Staff.

