

Three Ways to Level Up

Interested in taking it to the next level? We have just the challenges for you!

***Remember!** Your improvement is what really matters, these optional social challenges are just for fun.*

MOVING & IMPROVING



A challenge for everybody

Share your goals! Post your goal and start date
Share your progress (timing is up to you!).
Finish by posting a video tagging us on Twitter, using
#movingandimproving

MOVE WITH MORRIS



Run like a CEO

SHAPE America's CEO Stephanie Morris is challenging YOU to beat her time. Follow along with her progress on Twitter using
#movewithmorris

TOP TIMES



Race to the finish

Top 5K Running Times
Top 5K Wheelchair Propulsion Times
Top 3 times in each category will win a prize
#bigfeatstoptime



Level Up Challenge Details

To participate in the Move with Morris and the Top Times challenges, please use your fitness tracker to track your 5K results (3.1 miles)

Screenshot/share your results and send them to [@SHAPE_America](https://twitter.com/SHAPE_America) on Twitter or post them with the correlating hashtag.

You can submit multiple times — ***we encourage it!*** Race time will be counted if it is submitted by 11:59 PM ET on December 31st. We will periodically post the top times to keep everyone informed.

And of course, we have awesome prizes for top fundraisers, too!