

RIALTO UNIFIED SCHOOL DISTRICT'S SPRING INTO FITNESS CHALLENGE

THIS DISTRICT-WIDE 4-WEEK CHALLENGE FACILITATED BY VIBE FITNESS FOCUSES ON WHOLE-BODY WELLNESS.

Through a series of online training modules hosted on our "Wellness Wednesday" page, staff will progressively increase performance by following exercise modules at a level of intensity that is comfortable to them.

After completing at least three of the four Modules, staff will submit the online form to be entered into a drawing for a weekly prize.

For questions, email: transclrksub@rialtousd.org

TO SUBMIT YOUR ENTRY:

<https://kec.rialto.k12.ca.us/WellnessWednesdays>

MODULES INCLUDE:

- Strength
- Cardio Conditioning
- Core
- Recovery

APRIL 5-30

