

# NEW YEAR **»** NEW HABITS

It's a New Year and Liberty Athletic Club is challenging its members to kick off the new year with a more comprehensive wellness routine.

Registration is required and may be done through the mobile app or member portal.

**Entry Fee: \$15**

## 4 Week Challenge

Sunday, January 9 - Saturday, February 5  
*Liberty Members Only | Ages 18+*


Week #1 1/9-1/15


Week #2 1/16-1/22


Week #3 1/23-1/29


Week #4 1/30-2/5

## Here's how:

 1 point = Each day complete at least one item from each of the three categories: Exercise, Nutrition, and Mindfulness.

 2 points = Each day complete at least two items from each of the three categories: Exercise, Nutrition, and Mindfulness.

 You can earn a maximum of 2 points per day (14 points per week).

 Take a photo or email a copy of your weekly challenge form to [fitness@libertyathletic.net](mailto:fitness@libertyathletic.net) by 11:59pm each Sunday. Weekly forms submitted after the deadline will not be accepted for that week.

### EXERCISE

Take a class at Liberty
Join a Liberty virtual class or follow a recorded class from the Liberty <i>On-Demand Platform</i>
Complete an independent workout at Liberty
Run, bike, or swim for 30 minutes or more
Play a sport for 30 minutes or more
Lift weights for 30 minutes or more
Stretch for 15 minutes or more

### NUTRITION

Drink at least 64oz of water
Avoid alcohol
Avoid drinks with added sugar
Eat a fruit or vegetable you've never had or haven't tried recently
Make something from scratch that you usually buy
Avoid eating after 8pm
Eat lean protein

### MINDFULNESS

Spend 30 minutes outside
Meditate for 10 minutes or more
Sleep for seven hours or more
Write in a journal
Take a bath
Foam roll for 10 minutes or more
Avoid a digital screen after 8pm
Initiate an act of kindness

Name \_\_\_\_\_ Email \_\_\_\_\_

Week #1 (1/9-1/15)     Week #2 (1/16-1/22)     Week #3 (1/23-1/29)     Week #4 (1/30-2/5)  
*(Check the box for the week you are submitting)*

Take a photo or email a copy of your weekly challenge form to [fitness@libertyathletic.net](mailto:fitness@libertyathletic.net) by 11:59pm each Sunday. Weekly forms submitted after the deadline will not be accepted for that week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check Completed Items	Exercise <input type="checkbox"/> <input type="checkbox"/>	Exercise <input type="checkbox"/> <input type="checkbox"/>	Exercise <input type="checkbox"/> <input type="checkbox"/>	Exercise <input type="checkbox"/> <input type="checkbox"/>	Exercise <input type="checkbox"/> <input type="checkbox"/>	Exercise <input type="checkbox"/> <input type="checkbox"/>	Exercise <input type="checkbox"/> <input type="checkbox"/>
	Nutrition <input type="checkbox"/> <input type="checkbox"/>	Nutrition <input type="checkbox"/> <input type="checkbox"/>	Nutrition <input type="checkbox"/> <input type="checkbox"/>	Nutrition <input type="checkbox"/> <input type="checkbox"/>	Nutrition <input type="checkbox"/> <input type="checkbox"/>	Nutrition <input type="checkbox"/> <input type="checkbox"/>	Nutrition <input type="checkbox"/> <input type="checkbox"/>
	Mindfulness <input type="checkbox"/> <input type="checkbox"/>	Mindfulness <input type="checkbox"/> <input type="checkbox"/>	Mindfulness <input type="checkbox"/> <input type="checkbox"/>	Mindfulness <input type="checkbox"/> <input type="checkbox"/>	Mindfulness <input type="checkbox"/> <input type="checkbox"/>	Mindfulness <input type="checkbox"/> <input type="checkbox"/>	Mindfulness <input type="checkbox"/> <input type="checkbox"/>

Daily Points \_\_\_\_\_    Daily Points \_\_\_\_\_    Daily Points \_\_\_\_\_    Daily Points \_\_\_\_\_    Daily Points \_\_\_\_\_    Daily Points \_\_\_\_\_    Daily Points \_\_\_\_\_

Total Weekly Points \_\_\_\_\_

*You can earn a maximum of 2 points per day (14 points per week)*

## NEW YEAR » NEW HABITS

### Prizes:

The top-scoring members each week will be entered into a raffle for the following prizes:

#### Week #1

1st Place: Personal Training Session

2nd Place: 4 Guest Passes

3rd Place: \$25 Gift Card

#### Week #2

1st Place: Tennis Lesson

2nd Place: 4 Guest Passes

3rd Place: \$25 Gift Card

#### Week #3 Prize

1st Place: Private Pilates Reformer Session

2nd Place: 4 Guest Passes

3rd Place: \$25 Gift Card

#### Week #4 Prize

1st Place: Semi-Private Personal Training Session for winner & friend/  
family member

2nd Place: 4 Guest Passes

3rd Place: \$25 Gift Card

#### 2022 Challenge Raffle

Members who earn at least 1 point each day for all four weeks will be entered into a raffle for one of three LAC Gift Cards (\$100, \$75, and \$50 each).



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## NEW YEAR » NEW HABITS

# 2022

## CHALLENGE

### JOIN THE CHALLENGE!

#### 4 Week Challenge

Sunday, January 9 - Saturday, February 5  
*Liberty Members Only | Ages 18+*

**Entry Fee: \$15**

**Registration Now Open!**

Prizes awarded to top 3  
point earners each week!

2022 Challenge Raffle

### QUESTIONS?

If you have any questions, please email  
[fitness@libertyathletic.net](mailto:fitness@libertyathletic.net)

