

# Wellness challenge tests SLT residents' fitness

The Monthly Wellness Challenge sponsored by South Lake Tahoe is designed to get the community in shape.

Events will be at the Recreation and Swim Complex, 1180 Rufus Allen Blvd.

Each month a different activity will be offered for community members to experience such as weight lifting, lap swimming, cardio machines, playing basketball, ping pong, climbing the traversing wall, and more. Included each month will be information on general fitness tips to increase product knowledge and safety.

The March Wellness Challenge is called Sweat Sessions and focuses on weight room users. After paying the daily use fee, participants will track the amount of time spent in the Recreation Center weight room from March 1-31. Sessions are tracked in 30-minute intervals. At the end of the month the person with the most intervals will be awarded a certificate and gift package.

Participants may sign up for the program with front desk personnel at the recreation complex at which time they are given a personal Wellness Challenge Tracking Calendar. Staff will post participant's progress on a display in the weight room to inspire challenge participants. Each time the participant performs the designated activity they log their progress.

For more info, call 530.542.6056.