



Join the Desk to 5K Challenge!

The Desk to 5K Challenge is an 8-week individual and team activity. Teams of five (5) are formed and with a fitness plan work together to train for the upcoming Desk to 5K Employee Fun Run/Walk.

Desk to 5K Goals:

To promote a healthy lifestyle by getting active and relieving stress, encompassed in an atmosphere of friendly competition.

To challenge participants to create a healthy exercise habit, going above and beyond their existing fitness goals.

To motivate and encourage team members to reach workout milestones and participate in the upcoming Desk to 5K Employee Fun Run/Walk.

How to Participate:

A team of 5 people comprised of TAMIU faculty & staff with one person named team captain.

Establish a team name.

A fun, can-do attitude willing to be in a team photo or two!

Team Name: _____	
Team Captain Name: _____	Department: _____
Extension: _____	Email: _____

TEAM MEMBERS:

Name	Department	Extension	Email

Sign up now! Deadline to register your team is Wednesday, March 11th.

Challenge starts Monday, March 9th!