



# Boston Marathon

Fitness Challenge 2017: March 27 - May 7  
**health matters.**  
EDUCATE ENGAGE EMPOWER    CREATING A CULTURE OF WELLNESS

# BOSTON MARATHON

# RUNNER



The historic course begins on Main Street in the rural New England town of Hopkinton and follows Route 135 through Ashland, Framingham, Natick, and Wellesley to where Route 16 joins Route 135. It continues on Route 16 through Newton Lower Falls to Commonwealth Avenue, turning right at the fire station onto Commonwealth which is Route 30. It continues on Commonwealth through the Newton Hills, bearing right at the reservoir onto Chestnut Hill Avenue to Cleveland Circle. The route then turns left onto Beacon Street continuing to Kenmore Square, and then follows Commonwealth Avenue inbound. The course turns right onto Hereford Street then left onto Boylston Street, finishing in Boston near the John Hancock Tower in Copley Square.

**Receive your exercise T-shirt today!**  
[www.EHAwellness.org/marathon](http://www.EHAwellness.org/marathon)

Register online or by returning this small section by 3/27/2017 to: IHW Processing Center - EHA, 520 N. Main Street STE C104, Heber City, UT 84032

**EHA Code:**  
 Select T-Shirt Size: S M L XL 2XL 3XL 4XL

# Boston Marathon

## March 27 - May 7

Join our virtual fitness challenge and complete the Boston Marathon! All registered participants begin the virtual marathon at Hopkinton on March 27. The Boston Marathon will cover a total distance of 26.2 miles. An average participant will run 4.37 virtual miles each week and reach the finish line in Boston at the conclusion of this sixweek challenge. Team-up option is available - six runners required for each team. The number of virtual miles each participant moves along the Boston Marathon course will be determined by the number of individual points earned by following the challenge guidelines for exercise, nutrition, sleep, and hydration as compared to the entire challenge average points. Exercise, eat right, sleep, and hydrate your way to Boston!



All participants will receive a challenge exercise T-shirt. Individuals should register by the March 27 deadline and select T-shirt sizes. Members may report challenge points online and view their progress along the course. Virtual runners that cross the finish line in Boston will be entered into a drawing for one of **500 \$25 gift cards**. Join the fun and take the challenge today! <http://www.EHAWellness.org/marathon>

### Challenge Guidelines March 27-May 7:

- Exercise-at least 30 minutes, 5 days per week
- Sleep-at least 7-9 hours, 5 nights per week
- Hydrate-drink at least 5 cups (40 ounces) of water, 5 days per week
- Nutrition-eat at least 2 servings of fruit and 3 servings of vegetables, 5 days per week



## Challenge Action Days

Report challenge completion by May 17, 2017.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>27</b> E N S H	<b>28</b> E N S H	<b>29</b> E N S H	<b>30</b> E N S H	<b>31</b> E N S H	<b>1</b> E N S H	<b>2</b> E N S H
<b>3</b> E N S H	<b>4</b> E N S H	<b>5</b> E N S H	<b>6</b> E N S H	<b>7</b> E N S H	<b>8</b> E N S H	<b>9</b> E N S H
<b>10</b> E N S H	<b>11</b> E N S H	<b>12</b> E N S H	<b>13</b> E N S H	<b>14</b> E N S H	<b>15</b> E N S H	<b>16</b> E N S H
<b>17</b> E N S H	<b>18</b> E N S H	<b>19</b> E N S H	<b>20</b> E N S H	<b>21</b> E N S H	<b>22</b> E N S H	<b>23</b> E N S H
<b>24</b> E N S H	<b>25</b> E N S H	<b>26</b> E N S H	<b>27</b> E N S H	<b>28</b> E N S H	<b>29</b> E N S H	<b>30</b> E N S H
<b>1</b> E N S H	<b>2</b> E N S H	<b>3</b> E N S H	<b>4</b> E N S H	<b>5</b> E N S H	<b>6</b> E N S H	<b>7</b> E N S H

PRSORT STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 128  
GREAT FALLS, MT

Always follow your primary care provider's recommendations if this challenge guidelines interfere with any medical treatment or condition. This action will constitute adherence to this challenge.

**500 \$25 Gift Cards**  
**Finish in Boston**  
**required for drawing**

Your EHA Code is printed in the mailing address below.



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