Combating COVID virtual wellness challenge at UW-River Falls open to public

November 2, 2020 - Have you been experiencing a lack of activity at home because of COVID-19? Join us in a virtual Combating COVID Wellness Challenge Nov. 9-Dec. 6, hosted by the Health and Human Performance Department at the University of Wisconsin-River Falls.

Combating COVID is a four-week challenge where participants can improve their fitness while staying safe at home. It includes a series of cardio and strength-based workouts for participants with checkpoints to assess progress. It is available for anyone looking to improve their fitness while at home.

Encourage the whole family to participate or invite friends to join the challenge to increase the competition! Challenge one another to see who will do the best at each of the challenges for the week.

Prizes will be given to participants for taking part in the event. Registration can be found at https://uwrfchallenge.yolasite.com. The registration fee is $10. All proceeds go to the COVID-19 Student Relief Fund. The only thing required is you!

For more information, contact Mari Kline-Kluck at 715-425-0743 or email mari.kline@uwrf.edu.

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