

FREE!



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Stay at Home Challenge

New Mexico Senior Olympics, Inc.

A FREE virtual event for everyone 50+

NMSO, with athlete input developed 14 sports/activities modified to play from home, for four months, each month a little more challenging. All Challenges and "how to" are listed on our website at www.nmseniorolympics.org. Do as much as you can while being safe, taking into consideration the weather.

Event results are based on the honor system.

Submit your results and be entered into a drawing to WIN a \$100 gift card!

When you exercise, your body releases endorphins that energize your mood, relieve stress, boost your self-esteem, and trigger an overall sense of well-being!

Stay at Home Challenges:

- ✚ Air Gun
- ✚ Archery
- ✚ BINGO Fitness
- ✚ Cycling
- ✚ Dance
- ✚ Fitness Workout
- ✚ Frisbee Accuracy Throw
- ✚ Gardening/Yardwork
- ✚ Horseshoes
- ✚ Running
- ✚ Soccer Accuracy Kick
- ✚ Swimming
- ✚ Triathlon
- ✚ Walking

GETTING STARTED is easy!

Visit our website

www.nmseniorolympics.org

New Mexico Senior Olympics, Inc.

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