



# FITNESS CENTER INCENTIVE

**November 22 - December 16, 2024**

1. Download Strava app free version
2. Follow Ivy Tech Wellness Center, and we will follow you back
3. Workout at the Fitness Center for a minimum of 20 minutes, a total of 10 times, and record your workout on Strava
4. Receive free Wellness T-shirt or backpack at end of incentive!



Welborn Foundation  
Wellness & Fitness Center

@IVYTECHWELLANDFIT