



# Sedentary SmackDown

Prizes based on the number of miles completed.

**25 miles**

**50 miles**

**75 miles**

**100 miles**

Track your progress- show a screenshot of an activity tracker app showing your daily mileage or step count or take a picture of the stationary bike or treadmill console displaying the number of miles you completed.

**\$10 per person**

(816) 228- 0181

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