

W.O.W.

WAC ON WELLNESS

IRONMAN IN A MONTH

INSTRUCTIONS: Learn about the great state of Wisconsin and complete the activities below throughout the month of July and enter to win some great prizes! Total times/distances can be broken up throughout the month. Check off the boxes as you complete each part. Turn in the completed form by July 31.

Swim 2.4 miles. (This is the Ironman Distance.)

Did you know Wisconsin has 16,692 lakes?

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Jump rope for 10 minutes.

Bloomer, WI is the Jump Rope Capital of the World.

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Climb 80 flights of stairs.

At 1,951ft, Timms Hill County Park has the highest natural point in Wisconsin. (1,951ft = approx. 80 flights)

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Bike 112 miles. (This is the Ironman Distance.)

Did you know Wisconsin is 310 miles from bottom to top?

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Complete 6 Group Fitness Classes. (These can also count towards your Heat Wave total!)

Wisconsin is the 20th most populous state in the USA.

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Complete 400 push ups to burn off one bratwurst.

Sheboygan, WI is the Bratwurst Capital of the World.

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Run 26.2 miles. (This is the Ironman Distance.)

A badger (Wisconsin's State Animal) is capable of sprinting almost 19 mph.

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☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐1 ☐2

Complete 720 lunges to burn off cream puff.

☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20 ☐20

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See a Personal Trainer for more detailed instructions or a demonstration.



BY JORDAN SHELTON

WAC Downtown Personal Trainer
jshelton@thewac.com



BY SAM MILLER

WAC North Shore Personal Trainer
smiller@thewac.com

Name: _____ Phone Number: _____



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Always consult your physician before starting any exercise program.
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