



MARCH MADNESS FAMILY FITNESS CHALLENGE

Enter our March Madness Family Fitness Challenge, and you could win a \$100 gift card to Dick's Sporting Goods!

Here's how: When you're watching the basketball games and see one of the events listed on this page, complete the exercise that goes with it. Example: When a foul is called, get up and do 15 jumping jacks!

To enter: Share a photo or video on Facebook, Twitter or Instagram of you or your family doing these moves, and be sure to tag Clark Memorial. Finally, follow us on your choice of Twitter, Instagram, or Facebook. Deadline for submission: 11:59pm on April 10. You'll be entered into our drawing on April 12 to win.

3-POINTER: 25 high knees

FOUL: 15 jumping jacks

DUNK: 10 push-ups

STEAL: 10 lunges (each side)

MADE FREE THROW: 10 crunches

JUMP BALL: 20 jump rope hops

BLOCK: 20-second elbow plank

YOUR PICK WINS: 15 squats

When one of these events happens in the game, do the accompanying exercise!

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