

# 2026 CARDIO CLUB

The 2026 Cardio Club Challenge is team-based. Having a teammate means you can support and encourage each other throughout the challenge. You and your partner will choose a goal of 50, 100, 200, or 300 miles and work together to stay motivated and on track—whether you're walking, running, or biking. Participants will also receive a conversion chart to turn exercise minutes into miles.

The 10-week challenge is open to enrolled SRPMIC members, their family members (age 15+), and SRPMIC tribal employees. Grab a friend, family member, or coworker and join in!



Endorsed by:



## APRIL 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

For more information contact Michelle Long at 480-362-7351 or [Michelle.Long@SRPMIC-nsn.gov](mailto:Michelle.Long@SRPMIC-nsn.gov)