



# CHAMPION MILE

Fierce, Fitness, Fun

Sunday, March 24, Noon-4:00pm, CHS Track

## About

The Champion Mile is a fitness event for all levels. The overall distance for the event, in every category, is one mile. However, there are different variations for every ability (individual, partner, or team).

The **CHAMPION MILE** is completed individually and consists of 1/4mile of burpee jumps, 1/4mile of lunge walks, 1/4mile of bear crawls, and 1/4 mile of running.

The **FIERCE** categories are the same events, but the distances are divided differently based on the participants.

The **FITNESS** category brings the intensity down and changes the activities.

The **FUN** category is simply one-mile whether walking, jogging, or running at your pace.

## Registration



## Christian Chavez

Our guest speaker and trainer for the event is Christian Chavez.

Christian has a strong passion for fitness and health. He has two degrees in exercise science. A bachelor's degree in exercise science and human performance, and a master's degree in health and kinesiology. He is CPR certified, and wants to advance and continue his knowledge in various certifications.

When it comes to knowledge, he believes [everyone] should understand and learn nutrition, physical well-being, and mental well-being. Christian wants to give the knowledge...that these three components are a lifestyle and they do not have an expiration date.