



## TRI MY BEST



*Celebrate 10 years of Tri My Best. Complete 10 miles of activity by September 10!*

### Fun ways to get 10 miles:

- Run, swim or cycle 1 mile for 10 days!
- Go on a nature hike!
- Walk your dog 1 mile a day for 10 days!
- Play a sport and track your miles!



Don't forget to share your progress! Update friends and family on social media or send an email!

**Want to share photos or need assistance? Scan the QR Code or contact Jill Wiethuchter at [Jill.Wiethuchter@bjc.org](mailto:Jill.Wiethuchter@bjc.org) or 314.640.0200.**

