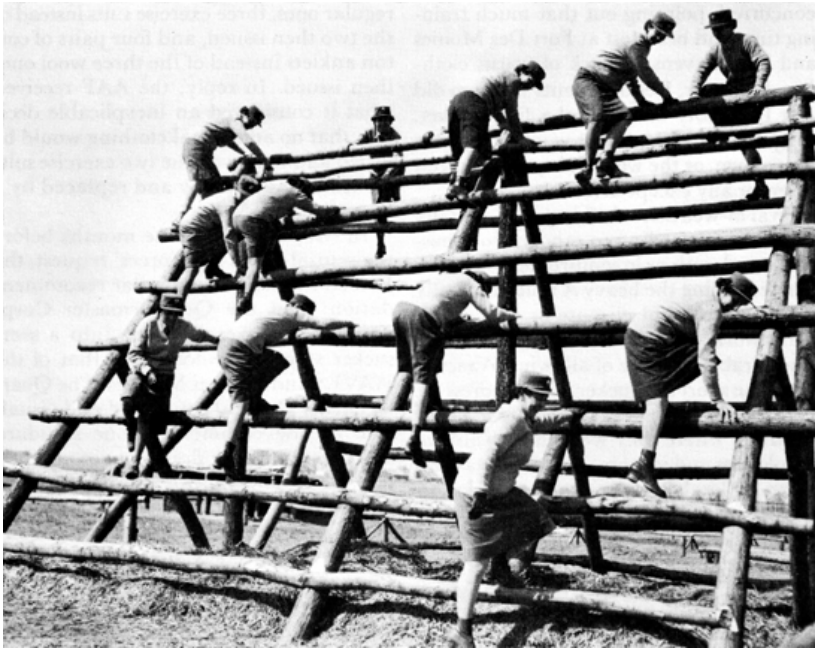
Week 6 (June 5- 11): 1940s

Challenge- Bootcamp

Whoops! Time traveller- you went too far! You passed 1957 and are now in the 1940s smack dab in the middle of World War II. At the outbreak of World War II, Kenyon Field (Lethbridge Airport) became a training facility operated and administered by the Royal Canadian Air Force (RCAF) and called RCAF Station Lethbridge.

You know what this means? You're heading to boot camp!

Your challenge this week is to complete a boot camp inspired workout 2x this week. You can visit U of L Wellness website for some Boot Camp workout ideas or you can sign up for Boot Camp classes at Fit Body Bootcamp or , and Lethbridge Adventure Boot Camp.

1. 50,000 points for hitting 50,000 steps in the week
2. **40s badge-** Complete 2 boot camp inspired workouts this week
3. **Walk or bike to work**