

SportRec@Home

1-3-5 km Challenge



In conjunction with National Health and Fitness Day, KPU Sport and Recreation would like to challenge everyone to daily exercise. Whether it is walking, cycling, or anything that makes your heart pump and your body sweat. You can track your distance travelled or the time spent being active.

Also see our 13 minutes per day challenge in our [Summer 2020 Activity Guide](#)

Sunday	Monday	Tuesday	Wednesday
Thursday	Friday	Saturday	Notes



National Health & Fitness Week

[click to read more...](#)

Join Us On **STRAVA**

Strava is an internet service for tracking exercise incorporating social network features.

[click to download...](#)

