

CHALLENGE

DAY 90: Register for a Race!

If you haven't already, register for a race today. Whether it's a 5k, a triathlon or something else, take that step of actually registering. Again, there is power in the follow through. Don't say you're going to do it, do it. Registering will give you that push to keep going, exercising every day, and getting stronger, healthier and feeling more alive than you have in years.

Congratulations on completing the RaceDay 90 Day Challenge. You're ready to start training for a race, and more importantly, you're ready to live a healthy and active life.