



REACH YOUR FITNESS GOALS WITH POWER PLAY

WHAT IS POWER PLAY?

POWER PLAY IS AN EXERCISE PROGRAM PROMOTING 60 MINUTES OF PHYSICAL ACTIVITY FOR 5 DAYS PER WEEK OVER A 4-WEEK SPAN TO EARN A FREE TICKET TO A 2017-18 CAROLINA HURRICANES GAME

HOW DOES IT WORK?

Step 1

Watch Hurricanes defenseman Jacob Slavin demonstrate the proper technique for each exercise by visiting HURRICANES.COM/POWERPLAY

Step 2

Complete 20 minutes of strength exercises, 20 minutes of cardiovascular exercises, and 20 minutes of free play to total 60 minutes 5 times per week for 4 weeks. Your Physical Education Teacher will let you know what day to start.

Step 3

Go to <http://powerplay.cengage.com>

Step 4

Use your WakeID login to record your 60 minutes of physical activity each day.

YOU MUST COMPLETE 1200 minutes of physical activity, to receive a FREE TICKET TO A CAROLINA HURRICANES GAME!