

# The Conqueror

## Virtual Fitness Challenges

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### WHAT IS THE CONQUEROR?

- A series of virtual fitness challenges
- Run, walk, bike, or swim to conquer a S.M.A.R.T fitness goal.
- Choose from an array of multicultural themes and geographic locations to travel virtually.

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### WHO WILL JOIN THE CHALLENGE?

- It is open to all Trailblazers members!
- You do not have to join, but it is free and we'd love to have everyone give it a try
- Your goal is for you only and you can work at your own pace

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### WHEN WILL IT BEGIN & END?

- We will choose a new challenge through The Conqueror each month: July, August, Sept.
- Each will last the whole month (30 or 31 days)
- You will receive a medal at the end of each challenge.



### The Conqueror:

#### Track Your Progress

Using the website, app, or a smart watch/device

#### Conquer Your Fitness Goals

Choose a challenge, get your exercise miles in, and achieve your goals.

#### Get Rewarded

Display your beautiful medals for a job well done! We'll also check in with you each week to see how everything is going and talk about our different challenges.

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### WHERE DOES IT TAKE PLACE?

- Anywhere you want, quite literally!
- Your steps/milage can be done wherever you like
- The app will show you beautiful scenery for the geographic location you choose as your challenge

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### HOW DO I PARTICIPATE?

- You must be a Trailblazers member to join
- Choose a challenge and we'll make sure you get signed up!
- Use The Conqueror website, app, or sync your smart watch/device to record your activity each day

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### WHY SHOULD I JOIN?

- It is a fun way to work towards a goal of your choosing.
- You'll receive a beautiful medal for each Challenge you join
- It will keep you focused and motivated to keep your fitness goals

<https://www.theconqueror.events>

<https://www.theconqueror.events/get-the-app/>