## **CHALLENGE GUIDELINES**

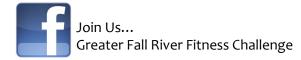
- You are able to participate in the Challenge if you work, live or attend school in Fall River, Somerset, Swansea or Westport. You may join as an individual or as a member of a team (a minimum of 3 participants constitutes a team). All team members are also eligible for individual prizes.
- II. As a community member, you must weigh-in at Greater Fall River RE-CREATION (72 Bank Street, Fall River) any time between Wednesday and Saturday of weigh-in weeks (see calendar).
- III. You will be given an ID number on the back of your Fitness Challenge Key Tag which will allow you to be anonymous when weighing-in. If you bring your Fitness Challenge Key Tag, you can show your ID number and your weight will be recorded.
- IV. You must be 16 years of age or older to participate in the challenge, however we encourage you to create a healthy environment for your entire family. If a child under the age of 16 would like to participate in an exercise class, please call ahead to get approval from the instructor.
- V. Weigh-ins will occur bi-weekly until the final weigh-in. In order to be eligible for prizes you MUST attend the FINAL weigh-in. Weigh-in days/weeks are highlighted on your Fitness Challenge calendar.
- VI. In order to be eligible for the most attendance you must check in with an identified staff member and show your key tag.
- VII. If you are signed up by January 31, 2014 you are officially eligible for the grand prizes [After Fitness Challenge kick-off, you can sign-up at RE-CREATION, 72 Bank Street, Fall River].
- VIII. If you lose your Fitness Challenge Key Tag, you are welcome to purchase a new one at Greater Fall River RE-CREATION for \$5.



## For more information

Greater Fall River RE-CREATION 72 Bank Street Fall River, MA 02720

P: 508.679.0922 E: gfrfitnesschallenge@yahoo.com W: www.fallriverfitnesschallenge.com



Thank you to our Sponsors





Greater Fall River

# FITNESS CHALLENGE





### MEMBERSHIP BENEFITS

- I. There will be TWO FREE challenges per week, Wednesday nights and Saturday mornings, please refer to your Fitness Challenge calendar for more information. There will also be a FREE challenge once a month at a guest gym. In order to participate in these challenges, you MUST BRING your Fitness Challenge Key Tag.
- II. There will be Fitness Coaches at each challenge to serve as a leader for the challenge and offer words of encouragement.
- III. Your Fitness Challenge Key Tag will help you receive discounts at the following fitness centers: Greater Fall River RE-CREATION, General Fitness, All Generations Fitness, FitWorks, Fall River YMCA, TKO Fitness, WiggleKids, and Striking Beauties.
- IV. You will receive a raffle ticket each time you officially weigh-in for the Fitness Challenge. This unique ticket can be saved for the Fitness Challenge Finale on May 16, 2014 for a Chinese Auction that will consist of gift certificates, fitness equipment and more!
- V. Your Key Tag will get you access to FREE Nutrition opportunities throughout the challenge including cooking demonstrations, nutrition classes, and more!
- VI. Each FREE CHALLENGE you attend will have a fitness prize that is given away to a participant. Everyone in attendance is eligible to win!

## **AWARDS & RECOGNITION**

#### **INDIVIDUAL PRIZES:**

\*There will be one participant rewarded for most improved Health Screening as well as best attendance\*

1st place: \$500 + Award

2nd place: \$250 + Award

3rd place: \$100 + Award

#### **TEAM PRIZES:**

1st place: Free Gym Membership + Award

2nd place: Free Gym Membership + Award

3rd place: Free Gym Membership + Award

#### **RAFFLES:**

There will be a FREE giveaway at every fitness challenge. You are entered into the raffle for attending the challenge. These giveaways include fitness gear, t-shirts, tickets to the Fitness Challenge Finale, water bottles, and more!

Chinese Auction: At every weigh-in participants will receive a raffle ticket which can be saved for a large Chinese auction at the Greater Fall River Fitness Challenge Finale. You are not permitted to enter tickets for other people at the finale. Participant must be in attendance to win!

## **SPONSORS**

The Greater Fall River Fitness Challenge encourages adults who live, work or attend school in the Greater Fall River area to develop healthy lifestyle habits, get fit, have fun and meet new people.

Without the support and involvement of our collaborating sponsors, the Greater Fall River Fitness Challenge would not be possible!

#### THANK YOU TO ALL OF OUR SPONSORS:

GREATER FALL RIVER PARTNERS FOR A HEALTHIER COMMUNITY

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ST. ANNE'S HOSPITAL

**GREATER FALL RIVER RE-CREATION** 

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**FALL RIVER YMCA** 

**WIGGLEKIDS** 

**TKO FITNESS** 

**STRIKING BEAUTIES** 

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