

CHALLENGE GUIDELINES

- I. 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



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Greater Fall River Fitness Challenge

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Greater Fall River FITNESS CHALLENGE



HAVE FUN
EAT WELL
GET FIT
WIN BIG

