

New Year's fitness challenge!

This challenge is for you! While there will be prizes awarded, the primary goal of this competition is to support and encourage our members in their efforts towards living a healthy and fit lifestyle. It's meant as a kick start towards reaching your goals. We wish you the best of luck and we're behind you all the way! Not sure where to start?—Let us help you...attend one of our classes!

DATES & DETAILS:

- Sign up at fitness center desk
- 3 week challenge officially begins Monday, January 23rd
- **Earn your entry into the challenge Saturday (1/21, Sunday 1/22, or Monday 1/23*)**
- Come in Saturday, Sunday or Monday and complete a 2 mile walk, jog or run around the NYA track to officially enter the competition*.
- Upon completion a staff member will oversee your weigh in and provide you with your weekly sheet.
- * Points officially begin on Monday. Please note that no points will be awarded for the 2 mile entry walk/run needed to enter competition.
- Daily NYA Trainer "Fitness Tip of the Day" e-mails available during challenge! (optional when signing up for challenge)

HOW IT WORKS:

- Complete 2 miles around NYA track to earn entry into the challenge.
- Have your starting weight measured by a NYA trainer/staff member. Have them record the results on your weekly planner sheet.
- Keep the planner sheet with you during the week and bring it to the gym with you each day.
- Log your daily food intake and activities.
- Have a Trainer/Instructor/Staff member sign-off upon completion of activity each day.
- You must perform physical activities at NYA in order to receive points toward competition.
- Turn in your completed sheet each Monday and pick up a new planner sheet for the week.
- Final weight must be taken and recorded (on your final week's sheet) and turned in by **Saturday, February 11th**. (Alternate day will be provided if you cannot make the 11th—ask one of our fitness center staff members).

EARNING POINTS:

Points are awarded for physical activities, recording nutritional intake, and weekly bonus points.

- Group Fitness Class Attended (3pt)
- Personal Training Session(3 pt)
- Cardio machine/Track (45 minute min) (3pt)
- Strength Training on own (45 minute min) (3 pt)
- Teaching a group fitness class (3 pt)
- Recording Nutritional Intake Daily (food journal) over week (3pt). *Awarded once per week—bring with you to weigh in (please note: we will provide optional nutritional suggestions but will not be critiquing food intake)*

Maximum of 3 standard points per day not including recording nutritional intake and/or earned bonus points

BONUS POINTS

- Refer a friend—if they join a full membership at any time during the competition you will receive 3 bonus pts for the week that they join.

PRIZES:

All prizes will be awarded at completion of the 3 week competition

- Three (3) Prize winners will be awarded:

Grand Prize: Highest Total Points Winner (1st choice)

2nd Place: Highest Weight Loss Winner (2nd choice)

3rd Place: Simply complete the 3 week challenge and be entered into a drawing to win the third prize (complete at least 3 days of activity and food charting each week to qualify)

- In the event of a tie in a category, a nutritional quiz will be given, the results of which will determine the winner

FEE & DETAILS:

- **Free to Members!**
- Non-members: \$69 includes 1 month membership to NYA (membership expires 2/21/12).