

FITOPOLUS

Member Name: _____

Are you ready to start the New Year off right? The Wellness Center has just what you need to help you along the way! Join in the fun with FITOPOLUS! This is a fun and interactive game that will help you stay on track after the holiday season. Exercise should be fun and rewarding and we hope this challenge keeps you motivated. Have fun and we wish you a healthy 2012!

How to play:

To advance spaces, you must complete any of the activities below. Please put the date in square following the completion of an activity listed below.

Move one space for each of the following:

30 Minutes of Cardio

30 Minutes of Strength Training

Introduce yourself to a Wellness Center Associate

Swim for 30 minutes

Replace one fatty food for a fruit or vegetable

Move 2 spaces for the following:

Attend a Group Fitness Class

Participate in W.O.W (Women on Weights)

Participate in the Losing Big Program

Attend a class at the Health Resources Center in the Mall at Johnson City

(for schedule of classes please call 423-915-5200 or email hrc02@msha.com)

** If you do not attend the center for one week you will go to Jail. The only way to get out of Jail and finish the game is to see a trainer and complete the task given to you.*

Chance Cards:

To receive 2 Bonus Spaces, pick up a chance card at the front desk each week and complete the assigned challenge.

Bonus Spaces:

If you participate in Losing Big, W.O.W (Women on Weights) or attend a class at the HRC (Health Resources Center in the Mall) advance 5 spaces. (HRC schedule is located at the communication station.)

Have fun and we wish you a happy and healthy new year!



JAIL



Exercise boosts
Brain Power!

Keep going;
You can do it.

Exercise gives
you Energy!

Exercise melts
away Stress!



FITOPOLUS

START

Exercising builds
Friendships!

You are off to a
GREAT Start.