

Fall 4 Fitness Challenge



1,000 Minutes in One Month! OCTOBER 1-31, 2020

CHALLENGE GOAL:

A one-month physical activity challenge that encourages employees to represent their organizations by being physically active. It is open to all area businesses, organizations, and community groups interested in bringing wellness to the workplace and competing with other organizations.

CHALLENGE PRIZES:

ORGANIZATIONS with the highest levels of participation and average minutes of physical activity will receive:

- Trophies and Bragging Rights
- Additional Raffle Chances for Cash Prizes

INDIVIDUALS who reach the challenge goal of 1,000 minutes of physical activity during October will be eligible for prizes including:

- Cash Prizes
- Wearable Fitness Devices
- Gift Certificates

Registration your team today at www.surveymonkey.com/r/Fall4Fitness2020



GET STARTED:

Participating in the Fall 4 Fitness Challenge is as easy as 1-2-3.

- 1 Log on to **commit2fit.com**.
- 2 **Earn points for being active!** Begin tracking your activity – just 35 minutes each day – and you are automatically entered into the challenge. Remember: All activity counts!
- 3 Participate in **free fitness classes, work together daily** with your team members, and **track all your physical activity** to be eligible to win both organizational and individual incentives.

Visit www.commit2fit.com

