

Get Up, Get Moving, Get Healthy Contest



Its time to put down the remote, get off the couch and do something for your health!
Join the Magna "Get Up, Get Moving, Get Healthy Contest" and get started on a healthy lifestyle while competing for \$\$\$!
- Contest is **FREE** to all Magna Residents -

Contest Prizes:

- \$150 for the greatest percentage of body fat loss in each age division.
- 30 Day Membership to Magna Fitness Center for the 2nd greatest percentage lost in each division.

Contest Rules:

- Contestants must be 18 years of age or older to participate and live in Magna.
- Contestants must attend the "Kick Off" on Saturday, February 19 and the last measurement on Saturday, April 9th
- Contestants must attend the mid-program measurement (March 19) and 2 of the 4 seminars (February 26, March 12, March 26, April 2) to be eligible for the prizes.
- Winners will be announced Saturday, April 9 at 11:00am after the final measurements.
- Contestants may utilize the facilities at Magna Recreation Center Wednesdays from 11:00am-3:00pm free of charge.
- When utilizing the facilities at Magna Recreation Center, contestants must present their ID badge at the front desk. Failure to present the ID badge will result in denied access to the Recreation Center unless a daily fee is paid.
- Questions? Contact Mike Stagg, Magna Recreation Center 250-2194 or Darrin Sluga, SLVHD 468-2278.
- All decisions by the Magna Healthy Community Committee are final.

Contest Entry - bring entry form to the "Kick Off" event Saturday, February 19th @ 9:00am.

Name: _____

Age 18-29 45-59
 30-44 60 and over

Mailing Address: _____

E-mail: _____ Daytime Phone: _____

Schedule of Events

- February 19 start program, baseline measurements
- February 26 Seminar
 - Introduction to weight and cardio training
- March 5 No Measurement or Seminar
- March 12 Seminar
 - Nutrition
- March 19 Measurement
- March 26 Seminar
 - Exercises you can do at home
- April 2 Seminar
 - Stress Management
- April 9 end program, final measurements

All measurements and seminars are held at the Magna Recreation Center in Classroom A from 9:00am-11:00am.