

## **Get Up, Get Walking, Get Healthy Contest Rules**

- Contest is FREE for all Magna residents.
- Contestants must be 18 years of age or older to participate for all but the family prize.
- Children under the age of 18 must compete as part of a family and will not be weighed in.
- Contestants 60 years of age or older may register and weigh-in at the Magna Sr. Center Friday, Feb. 20<sup>th</sup> 10am-noon.
- Contestants must attend the “Kick Off” on Feb 21<sup>st</sup> from 10:00 am-12:00pm and the last weigh-in on April 30th.
- Contestants must attend 2 of the 4 weekly weigh-ins (March 5th, March 19th, April 2nd, and April 16th) to be eligible for the weight loss prize - weigh-ins will take place at the Magna Recreation Center and run all day long.
- Each contestant will be provided with a pedometer, educational materials, and informational classes.
- To be eligible for the walking prizes contestants must report their weekly number of steps by the following Tuesday by calling the Magna Recreation Center’s Athletics Hotline (801)250-8904 and leaving a message.
- To be eligible for the walking prize contestants must log over 400,000 steps (10,000 are recommended each day).
- Contestants may choose to compete for all, some, or just one of the prizes.
- Contest begins Saturday, February 21<sup>st</sup> at 10:00 am –12:00 pm at Magna Recreation Center.
- Contest ends Thursday, April 30<sup>th</sup>.
- Winners will be announced Saturday, May 2<sup>nd</sup> at the Magna Health Fair at 10:30 am.
- All decisions by the Magna Healthy Community Committee are final.
- Questions? Contact Dan Roper, Magna Rec 250-2194 or Stephanie Maughan, SLVHD 468-2278.