

# Get Up, Get Walking, 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 Walking, Get Healthy Contest” and get started on a healthy lifestyle while competing for \$\$\$!

- Contest is **FREE** to all Magna Residents -

## Contest Prizes:

- \$250 for the greatest percentage of weight loss
- \$150 for the most amount of steps logged
- \$150 for the person voted most dedicated
- \$150 for the family that averages the most steps

## Contest Rules:

- Contestants must be 18 years of age or older to participate for all but the family prize.
- Contestants 60 years of age or older may register and weigh-in at the Magna Sr. Center Friday, Feb. 20th 10am-noon.
- Contestants must attend the “Kick Off” on Feb 21st 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 Rec 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 Rec Center’s Athletics Hotline and leaving a message 250-8904.
- To be eligible for the walking prize contestants must log over 400,000 steps (10,000 are recommended each day)
- Contest begins Saturday, February 21st at 10:00 am–12:00 pm at Magna Recreation Center.
- Winners will be announced Saturday, May 2nd at the Magna Health Fair at 10:30 am.
- Questions? Contact Dan Roper, Magna Rec 250-2194 or Stephanie Maughan, SLVHD 468-2278.
- All decisions by the Magna Healthy Community Committee are final.

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**Contest Entry** - bring entry form to the “Kick Off” event Saturday, Feb 21st @ 10am; 60 and older may register and weigh-in at the Magna Sr. Center Fri, Feb. 20th 10am-12pm.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

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For More Information and to Print Registration Form  
Please Visit [www.magnaut.org](http://www.magnaut.org)