



# Get FIT & have FUN!

It's free to enter and fun to participate, so why not?

**Sign up today!**

**Start earning points Jan 8**

## How the program works...

- ⊙ Register at the Rumpel Fitness Center.
- ⊙ Earn points for participating in physical activities at the Rumpel Fitness Center.
- ⊙ Examples of activities to earn points: lose a pound, 30 minutes of cardio activity (inside or outside), participate in a fitness class, attend a private adult swim lesson, participate in intramural sports, bring your child and participate in physical activities, use the running trails, plus more!

### **IT'S THAT EASY!**

- ⊙ Record your points at the issue counter on your personal point sheet.
  - ⊙ Accumulate points and win prizes at different levels!
    - 15 points - Exercise Band
    - 35 points - Water Bottle
    - 100 points - Nylon Sports Bag
    - 150 points - You will be entered into the drawing to win a \$100 gift certificate for Valley View Mall
- Grand Prize: If you have accumulated the most points on May 13, you will be our grand prize winner and win a \$250 gift certificate for Valley View Mall. One female and one male will be given the honors at the Health & Wellness Fair on May 14, 2008! It could be you!

**Start accumulating points today for a "Better You!"**

Register to participate at the Rumpel Fitness Center issue counter. The program runs from Jan 8, 2008 - May 13, 2008 at noon. See the Rumpel Fitness Center for official rules. Contact the front desk or call x2290 for more information.



Phone 388-2290

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