

Summer Shape Up Team Fitness Challenges ...



TEAMS: Will consist of a minimum of 3 and a maximum of 6 members...all individual challenges will be added to the overall team score.

FEES: \$180 Per Team (payable to YMCA)

CHALLENGES:

Now through April 28th...

Shape-up with a **FREE 5-Day Guest Pass**

- Week #1-** Test to Impress
- Week #2-** Pros or Joes
- Week #3-** IronYman
- Week #4-** Going for the Gold
- Week #5-** Survivor's Ready
- Week #6-** Biggest Winner

AWARDS: Team T-Shirts & Trophy will be given to the **Top Overall Team** (combined scores), Medals for **Top Individual** male & female per challenge overall **Weight Loss** as well as **YMCA participation incentives**.

America on the Move...

With **30 percent** of the U.S. population and 9 million children obese or overweight, increased physical activity for our children and families is of critical importance to our local community of Highland. According to the New England Journal of Medicine, *the current generation of American children could be the first to lead shorter lives than their parents.*

Exercise is not only a good choice for healthy living, but it is also great for **strengthening** relationships with **friends and family**. We live in busy times and many individuals and families find that making the time to workout can be the biggest Fitness Challenge of them all.

The Highland Family YMCA has taken an active part to further service and support to kids, adults and families who **desire a healthy lifestyle, but struggle to do so**. As part of this national YMCA initiative we are also deepening our commitment to community wide efforts that promote healthy living, including intensifying our collaborations with local businesses and community organizations 2008 and beyond.

HIGHLAND FAMILY YMCA

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www.ymcaeastvalley.org

Your Highland Family YMCA
Presents...

SUMMER SHAPE-UP TEAM FITNESS CHALLENGE April 28-June 8



Health & Fitness Department
909-425-9622
www.ymcaeastvalley.org

HIGHLAND FAMILY YMCA

2008 TEAM REGISTRATION FORM

SUMMER SHAPE-UP TEAM FITNESS CHALLENGE...

COMPANY NAME: _____ CONTACT: _____

ADDRESS: _____ STATE: _____ ZIP CODE: _____

TEAM NAME: _____ TEAM MOTTO: _____

TEAM MEMBERS...

CONTACT INFORMATION...

STARTING...

- | | | | |
|----------|-----------|--------------|-------------------|
| 1. _____ | Ph: _____ | Email: _____ | _____ lbs _____ % |
| 2. _____ | Ph: _____ | Email: _____ | _____ lbs _____ % |
| 3. _____ | Ph: _____ | Email: _____ | _____ lbs _____ % |
| 4. _____ | Ph: _____ | Email: _____ | _____ lbs _____ % |
| 5. _____ | Ph: _____ | Email: _____ | _____ lbs _____ % |
| 6. _____ | Ph: _____ | Email: _____ | _____ lbs _____ % |