

## **Frequently asked question about the Fitness Challenge**

### ***When can I start using my card?***

Whenever you get your card during the week of registration.

### ***Can more than one person use the same card?***

Sorry, no. Only one person (whose name is on the back of the card) can use the card.

### ***Can someone else register me if I'm going to be out of town the week of registration?***

Absolutely! They will just need to fill out a registration form for you with basic information (your name, address, e-mail and other contact information.)

### ***Do I choose just one gym or can I exercise at more than one location?***

You can pick and choose where you want to exercise. Some may choose to exercise at just one location or some may choose to try them all. It's up to you.

### ***Can I only exercise at the location I registered at?***

No. You can pick and choose where you want to exercise. Some may choose to exercise at just one location or some may choose to try them all. It's up to you.

### ***How many times can I exercise in 8 weeks?***

24 times - which averages out to about 3 times per week. You will receive a "punch card" with numbers 1-24 on it. You have 8 weeks to use 24 visits.

### ***Can I use my card after the 8 weeks is over if I didn't use all 24 punches?***

I'm afraid not. The last day of the 8 week challenge is the last time you can use the card.

### ***Can I sign up for the Fitness Challenge if I don't live in Haywood County?***

Yes. Those who live in surrounding counties but work in Haywood often take advantage of this opportunity by exercising before, or after work, or even on a lunch break!

### ***What do you do with the money you raise?***

We spend the money three ways:

1. Prizes to be given away to Fitness Challenge Participants at the Grand Finale which includes Fitness center memberships and other fitness classes offered through the Fitness Challenge, as well as restaurant gift certificates to local restaurants that offer healthy options.
2. Community members can write a Fitness Challenge mini grant that focuses on improving fitness and nutrition in Haywood County
3. The remaining money raised is used to promote the next year's Fitness Challenge and to purchase incentives for the kickoff, midpoint, and grand finale festivities

### ***Can anyone in the community come to the Midpoint Activity – Healthy Taste of Haywood or only Fitness Challenge participants?***

Only Fitness Challenge participants. There is no cost to this event, but you must show your Fitness Challenge card to enter.

### ***How do I win prizes?***

Attend the Grand Finale and enter in the drawing. Must be present to win!

By attending the Kickoff, Mid-point and Grand Finale festivities, you increase your chances of winning prizes.

- Attend all three events - Get three chances put name in drawing
- Attend two events – two chances to put name in drawing
- Attend one event – one chance to put name in drawing

If you complete your entire card and bring to the Grand Finale, you can enter your name in an additional drawing!

### ***What kind of prizes do you give away?***

Gym Memberships, and Restaurant Gift Certificates (Restaurants who participated in the Midpoint/ Healthy Taste of Haywood)