

Frequently asked question about the Fitness Challenge

When can I start using my card?

March 15 (which is the first day of registration) or whenever you get your card during the week of registration.

Can more than one person use the same card?

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?

Yes – and no additional ID for that person is required.

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?

No. The 2010 Fitness Challenge offer ends May 11.

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 get in.

How do I win prizes?

There are two ways to win prizes. In a drawing at the grand finale and/or you can also be chosen by the participating gyms to receive a membership.

TO WIN FROM THE DRAWING:

Attend the Kickoff, Mid-point and Grand Finale festivities

Prizes will be given away in a drawing at the grand finale. You will place your name in the envelope for the prize(s) you want to win. Must be present to win!

- Attend all three events, you 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.

Make sure you sign in each time you attend these events. This is how we know if you've attended the events.

TO BE NOMINATED BY A GYM OR CLASS INSTRUCTOR:

- Fitness Centers will choose one winner to receive a membership based on their criteria. (specifics in this booklet)