

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 6 weeks?

24 times. You will receive a "punch card" with numbers 1-24 on it. You have 6 weeks to use 24 visits.

Can I use my card after the 6 weeks is over if I didn't use all 24 punches?

I'm afraid not. The last day of the 6 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 four ways:

1. Prizes to be given away to Fitness Challenge Participants during the final event which includes Fitness center memberships and other fitness classes offered through the Fitness Challenge, as well as restaurant gift certificates from those local restaurants who participated in the Healthy Taste of Haywood.
2. Mini Grants that focus on improving fitness and nutrition in Haywood County.
3. Promotion of the next year's Fitness Challenge and to purchase materials needed for the events within the Fitness Challenge.
4. Healthy Living Action Plan Interventions focusing on improving fitness and nutrition within the county.

Can anyone in the community attend the 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 Healthy Taste of Haywood and enter your Fitness Challenge card in a drawing. Must be present to win!

What kind of prizes do you give away?

Gym Memberships, and Restaurant Gift Certificates of those who participated in the Healthy Taste of Haywood