



YOU ARE YOU; THE TIME IS NOW—WHY NOT JOIN THE CHALLENGE?

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Points	Activity
1	Every Lap Walked
1	Every Push-up Completed in 20 seconds*
1	Every Sit-up Completed in 20 seconds*
2	Every Burpee Completed in 20 seconds*
2	Every Mile Biked
5	Each Group Exercise Class Taken
5	Each New Group Exercise Class Taken
10	Every Hour Completed of Basketball
10	Every Activtrax Workout Logged
10	Every Hour Completed in the Weight Area
15	Every Half-hour Completed on Stepmill
20	Each Personal Training Package Purchased
25	Each Hour Completed on Cardio Equipment**
25	Using the River Trail
25	Activtrax Evaluation or Re-evaluation Completed
25	Referring a New YMCA Member
50	Becoming a YMCA Member
50	Santa's Bag Boot Camp Completed
50	New Year's Boot Camp Completed

* Must be witnessed and validated by Wellness Staff member.

** Partial time does not count (half hour is not 12.5 points). Points earned in this way cannot be combined (example: 1 hour of Cycle class is not eligible to receive points for "every mile biked", "each group exercise taken", and "each hour completed on cardio equipment". Pick one only (Chad suggests the "each hour completed on cardio equipment" or "every mile biked").



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**CHALLENGE FOR
THE NEW YOU**
New You Fitness Challenge
DANVILLE FAMILY YMCA
January 15th - February 28th



WHY TAKE THE CHALLENGE?

The New You Challenge is all about you. It has been designed to help you become the you you want to be. This challenge will help motivate and inspire you to be your best self physically.

You are worth investing in. People tend to, unselfishly, invest in others and in other things. Isn't it about time to invest in yourself?

It has an extra sweet reward for our top three men and women who complete the challenge. Jump on board anytime during the challenge to try and win those wonderful free massages.



You are important (especially to us here at the YMCA) – do something great for you and invest in yourself. You will be happy you did.

You invest your time in resources in so many different ways. Challenge yourself and use this new year to invest a little in you.



COOL. IM IN — BUT WHAT ARE THE PRIZES?

Prizes are important – not as important as you, but they are important. First off, every participant is a winner just by participating you get to improve your physical self. However, there are additional prizes for our top three men and women (based off the points scoring system).

	Men	Women
1 st	5 massages	5 massages
2 nd	3 massages	3 massages
3 rd	1 massage	1 massage

NEW YOU CHALLENGE REGISTRATION FORM

Name: _____

Age: _____ DOB: _____

Phone Number: _____

Address: _____

Email: _____

Gender: Male Female

Are you a Member of the YMCA?: _____

Emergency #: _____

(Please choose event(s) you plan on attending from the reverse side)

PARTICIPANT AGREEMENT:

I hereby certify that I am in normal health and capable of safe participation in this YMCA Program. If there are any health problems I will notify the YMCA of such problems. I assume all the risk(s) and hazards incidental to the conduct of this program. I hereby authorize the YMCA to obtain medical treatment for me in the event that my emergency contact person cannot be reached. I will be responsible for any medical costs, including ambulance transportation, incurred in the event of an accident.

Participant
(Print): _____

Signature: _____

Date: _____