

# FALL in love with Fitness CHALLENGE

FCCI Fitness Challenge focusing on three dimensions of fitness:

- Cardio
- Strength
- Flexibility

CHALLENGE BEGINS: **MONDAY, SEPTEMBER 4** (ends October 1)

## What are the challenge requirements?

Complete any one of the three dimensions of fitness **at least four times** each week. Time minimums (minutes) for each dimension are located on the tracker form.

## Where do I track my fitness sessions?

You will find the **Fitness Challenge Tracker** FORM on the website: **fcciwellness.com**. This tracking form must be used for the duration of the challenge.

## What can I WIN as a challenge participant?

There are five **GRAND** prizes to be won through a drawing as well as five **weekly** \$50 gift card drawings for qualified participants. **GRAND** Prizes include:



BOSU® Balance Trainer



Fitbit Blaze



Aria Wi-Fi Smart Scale



Garmin vívoactive HR



Cuisinart® Griddler



**Register for this challenge at [fcciwellness.com](http://fcciwellness.com). Registration closes on September 6.**

Contact Melissa Merkle, ext. 2438 or Kristi Hoskinson, ext. 2769, for more information.