



BEAT THE HEAT SUMMER TEAM CHALLENGE



June 20 – July 31, 2022

Teams of FOUR participants will compete together to see if they can rack up at least 72 days of exercise this summer.

18 days and 540 minutes minimum of exercise per team member

Don't have a team? NO PROBLEM! Register as an individual & we will create a team for you!

Requirements

- 1) Get your team of 4 together, create a name and sign up at the front desk.
- 2) Beat the heat this summer! ANY exercise qualifies, but it must be completed in the fitness center.
- 3) Every Monday, teams progress will be charted and posted so that you can see how you stack up against the other teams.
- 4) Participants must record their exercise and number of minutes exercising daily on the team tracking sheets that will be placed outside the locker rooms.
- 5) Each team member must complete the minimum 18 days (minimum of 540 total minutes) of exercise within the six weeks or your team is disqualified.

Prizes

At the end of this program, the team with the most days will win prizes AND each team that qualifies will be entered into a drawing for each team member to have a chance to win:

Free month of membership dues • Massages • Fitness Bucks Prize Packs

Register your team (or individually) by Thursday, June 16, at the front desk.

FOR MORE INFORMATION STOP BY THE FRONT DESK OR CALL (910) 715-1800



www.firsthealth.org/fitness

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