



# FOOTBALL FRENZY REGISTRATION

Jumpstart your exercise and nutrition goals by participating in this 4-week contest!

**December 18<sup>th</sup> – January 14<sup>th</sup>**

- Exercise 30 continuous minutes at least 4 days per week (outside of work).
- Eat 4 fruits and/or vegetables at least 4 days per week.
- Keep your score on the log sheet (to be provided).
- Hand in your log sheet weekly for (5) \$10 Subway gift card drawings. Subway drawings to be held 12/30, 1/6, 1/13 & 1/20.
- All employees and spouses are eligible to participate.
- Prizes will be drawn at the Annual Safety Meeting in March.



## PRIZES INCLUDE:

2 crosswalk treadmills, 4 Garmin Handheld GPS Receivers, 4 sets of kettlebells, 2 P90 in-home exercise programs, 6-\$100 Bass-Pro Shop gift cards, 6-\$100 Dick's Sporting Goods gift cards, 4 heart rate sports watches and more!



**Don't pass this up! Register today!**