

Olympic Fitness Challenge

Get ready for the 2008 Olympic Games!!!



- 🏅 Free to **full members** only → 4 week challenge **March 3, 2008-March 30, 2008**
- 🏅 Participants will receive a list that ranks activities based on intensity: **Gold** → high intensity, **Silver** → moderate intensity, **Bronze** → low intensity.
- 🏅 Must complete **and record** (on your activity chart) at least **5** activities **each** week to have a chance to win any prize!
- 🏅 The intensity level most achieved during each week will allow for your name to be put in a drawing for the prize at that level. For example, if your **5** activities during week one rank at the silver level, then you get to put your name in the drawing for the silver level prize. If the next week your activities are at a bronze intensity level, then you get your name in the bronze drawing.
- 🏅 Register and receive activity list/chart at the front desk.
- 🏅 You must keep track on your calendar for all 4 weeks; the drawing will not take place until the end of the challenge. Charts are due Wednesday, **April 2**. The drawing will take place on **April 3**.



For questions, you may contact Lisa by e-mail at lbehounek@jolietycca.org or by phone at (815) 267-8600, ext. 206. You may also contact Carly at cwade01@aurora.edu.