



Unleash Your Inner Champion and Go For Gold at the 2014 Just Move Winter Games

I'm intrigued. What is this?

The Just Move Winter Games is a **75-day wellness challenge** offering a balanced approach to healthy living. Participants will complete challenges in five key areas:

- cardio fitness
- nutrition
- strength & toning
- stress management
- community

and position themselves to achieve both short-term results and healthy habits that are sustainable!

Sounds good! What are the details?

Registration opens on January 1, 2014 and you compete as an individual and as part of a team. Individual competitors who achieve all of their wellness goals within the 75-day period will receive a gold medal, a prize and an entry into our grand-prize drawing.

In the spirit of community, you'll also be placed on a team. This can be a wonderful opportunity to meet new people while giving (and receiving!) support over the several weeks of the Games. If everyone on your team wins a gold medal, you'll receive an additional prize AND an entry into another grand-prize drawing. To help keep athletes motivated and inspired, all teams will receive plenty of support and guidance from their own Just Move coach!

Love it! What else?

Registration is \$25, and you will receive:

- Winter Games t-shirt
 - Food journal
 - Fitness tip sheet
- Weekly reminders, surprise challenges and opportunities
 - Before-and-after fitness assessment
 - Before-and-after strength and flexibility testing
- Ticket to Just Move's Closing Ceremonies Event on Friday, March 28
 - The chance to go for the gold medal and win amazing prizes!

The **Opening Ceremonies are scheduled for Sunday, January 12, 2014, 5:30-7pm**. There you'll formally identify your goals, meet your team and your coach, and undergo pre-Games assessment tests.



The official **Closing Ceremonies will be held on Friday, March 28, 6:30-8pm**. We'll host a special event where we'll do some post-challenge testing, review the results, dole out the hardware and draw prizes.

Of course, we want to minimize the stress with this event! Just let us know if these dates don't work and one of our coaches will be happy to work with your schedule.

Who can participate?

All ages. All levels of fitness. No prior exercise experience necessary.

In fact, even if you join the challenge after the Opening Ceremonies, you can still win gold so long as you achieve your goals prior to the March 28 Closing Ceremonies.

Still a bit on the fence. Why should I do this?

The most wonderful aspect of Just Move has been the warm sense of community that exists at the studio. All of us may have different goals where our health and wellness are concerned, but you'd probably be hard-pressed to find a more inclusive fitness community in the area. Other benefits of this program include:

1. Prioritizing exercise and fitness in your busy schedule
2. Improving fitness
3. Losing (or maintaining) weight and/or inches
4. Belonging to a small team of like-minded enthusiasts
5. Mentoring from one of our awesome instructors
6. And even enjoying a little playful competitiveness!

I love awards! What prizes am I going for?

- Individuals completing all challenges will win a gold medal, \$10 Just Move Bucks and an entry into a drawing for a fabulous Makeover Package. This includes massage, hair style, cut, and color, gift certificate for unique accessories for your look, a photo shoot session and more!
- Teams where all members achieve their goals will receive the above, and each participant will earn an additional \$10 Just Move Bucks as well an entry for a fantastic Party Basket containing restaurant gift cards, bowling passes, movies passes, and more!

Can you give me a few more details about the specific challenges?

• Everyone will have a Winter Games Scorecard to chart their progress. Challenges can be completed in any order. Some sample challenges include:

- Share a healthy recipe with the Just Move community
 - Complete a plank challenge
 - Keep a food diary for 1 week
- Complete 150 minutes of cardio fitness during a given week



- Invite a friend to exercise with you
- and many more!

I'm in! How do I sign up?

- Visit Just Move to pick up a registration form and information packet. Or download these online from www.justmovefit.com/wintergames/.
- Return the form with the \$25 registration fee.
- Attend the Opening Ceremonies on January 12 to pick up your registration packet and complete your initial fitness assessments and tests. Again, if you can't attend the Opening Ceremonies, you can schedule an appointment to retrieve your packet and complete your pre-Games assessment tests.

Join the Winter Games today!