



FALL IN LOVE WITH FITNESS

at **JUSTMOVE**
FITNESS AND MORE

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The Chin-Up Challenge

We want you to see how strong you've gotten and how strong you can become with our Chin-Up Challenge. Challenge yourself:

1. Complete our Chin-Up Training Plan. See instructions & equipment in the studio!
2. Be positive about your workout routine! Be proud of your accomplishments, encourage people around you to keep their chin's up. Stop negative self-talk. Use #chinupchallenge on social media to inspire others!
Get your name on a leaf for meeting these challenges from 9/22-10/31.

Help fill our studio wall with leaves!

Thanks 2 You Rewards

To celebrate our 2nd anniversary, we want to thank you for your support & help you support each other & our community! Ways to win plastic hearts:

- Find an accountability partner
 - Attend 2 classes/week
 - Join Just Move at the Jingle Bell 5K - run, walk, cheer or donate
 - Use #love2justmove on web
 - Donate to Portage Community Center holiday collection
- Winner with most hearts wins 1-hour massage! Prizes for 5 hearts or more! Win hearts from 11/1-12/14. Redeem hearts 12/15-1/9.*

**Win hearts by being fit.
Get rewards!**

**INSPIRING YOU TO MOVE ALL YEAR LONG!
2014 FALL CHALLENGE, SEPTEMBER 22-DECEMBER 14TH**