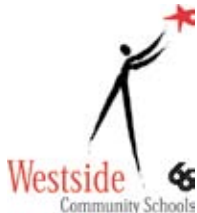


WESTSIDE WELLNESS

www.westside66wellness.org



Fitness Challenge

MOUNT EVEREST: APRIL 5 - MAY 16

health matters[®]

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS

FITNESS CHALLENGE 2010 - MOUNT EVEREST

Get fit for fun summer activities. Join a fitness challenge team today. It is simple, fun, and rewarding!

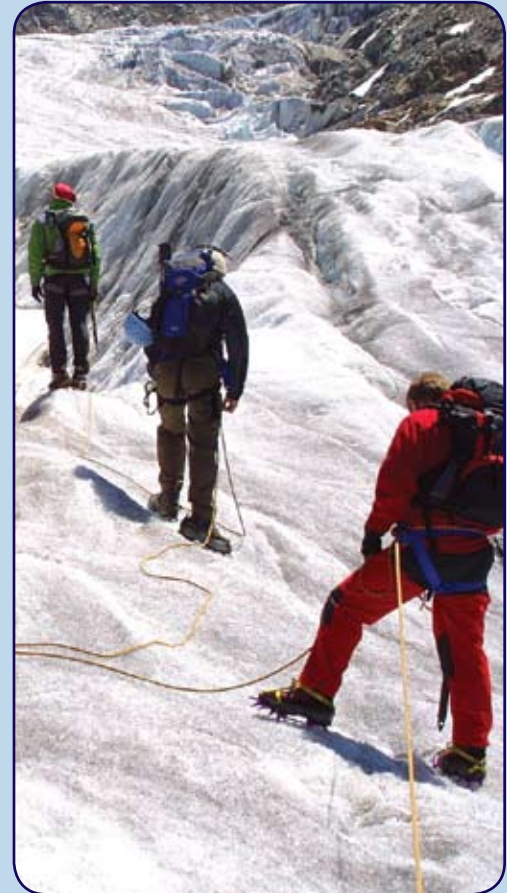
TEAM UP: Deadline April 2

Form a fitness challenge team by joining together with other members. A team must consist of at least six but not more than ten members. Select a team name, choose a team captain, and generate some team spirit. The team captain will submit the registration online for all members of the team.

TEAM PROGRESS: April 5 - May 16

The number of feet each team moves up Mount Everest from base camp will be determined by the average number of team points earned by following the program guidelines. Exercising at least 30 minutes five days per week, eating at least two servings of fruit and three servings of vegetables each day, and getting 7-9 hours of sleep will help your team complete the course and reach the summit of this year's climb up Mount Everest.

www.westside66wellness.org/everest



FITNESS CHALLENGE 2010 - MOUNT EVEREST



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TOTALS

REGISTER YOUR TEAM TODAY - www.westside66wellness.org/everest

FITNESS CHALLENGE 2010 - MOUNT EVEREST

Program Guidelines: April 5 - May 16

- Exercise at least 30 minutes, five days per week
- Eat at least two servings of fruit and three servings of vegetables, five days per week
- Sleep at least seven to nine hours, five nights per week

All participants will receive a fitness challenge exercise T-shirt. Interested teams should register by the April 2 deadline and select T-shirt sizes. The T-shirt orders will be placed on April 7. Team members should report to team captains each Monday, and team captains must enter team points online by each Wednesday. Teams that reach the summit will be entered into a drawing for team prizes. **Join the fun and register your fitness challenge team today!**



Childhood obesity or excess weight threatens the healthy future of one third of American children. We spend \$150 billion every year to treat obesity-related conditions, and that number is growing.

Obesity rates tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents.

We need to get moving. Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

Let's Move! has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

Let's Move! will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country.



AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS



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Omaha, NE 68114

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GREAT FALLS, MT



Fruits and vegetables matter.
Eat all you want!

Form your Fitness Challenge Team today!
You'll receive an exercise T-shirt and a chance
to win team prizes for reaching the summit.

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