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# MAYOR'S WELLNESS CHALLENGE

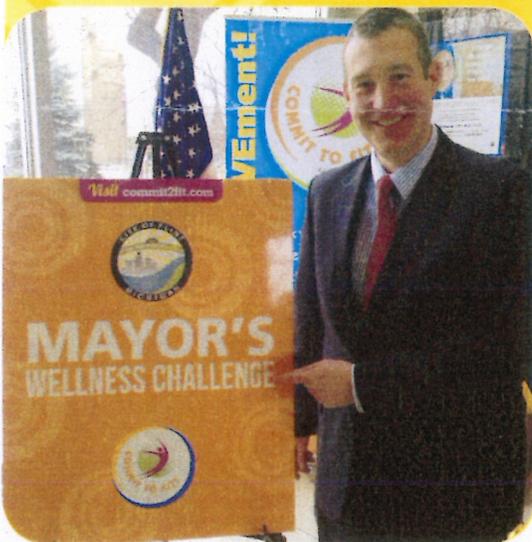


APRIL 1st – APRIL 30th

## WHAT IS THE COMMIT TO FIT! MAYOR'S WELLNESS CHALLENGE?

The 2nd Annual *Commit to Fit! Mayor's Wellness Challenge* is a groundbreaking one-month health and wellness challenge to encourage individuals and local residents to practice healthy behaviors.

City of Flint Mayor Dayne Walling, in partnership with other local Mayors and public officials, is pleased to invite local residents to practice healthy behaviors throughout the month of April, earning prizes while connecting your community.



## HOW TO PARTICIPATE, INCENTIVES, & PRIZES

All local residents and community members are encouraged to participate in one of two ways:

- **Online Challenge Tracking:** Track physical activity, servings of fruits & vegetables, and weight monitoring online at [www.commit2fit.com](http://www.commit2fit.com) throughout the challenge – those who achieve healthy goals will be eligible for a number of incentives. Visit [www.commit2fit.com](http://www.commit2fit.com) to view a complete list of the incentives and prizes that you could win – including gift cards and cash prizes!
- **Event Participation & Support:** A number of events will be held throughout Flint and Genesee County all month. All community members in attendance at each one of the fun, healthy activities will be entered into a drawing to win *Commit to Fit!* prizes.

## HOW TO SIGN UP FOR THE CHALLENGE

Everyone is welcome to sign up for the *Commit to Fit! Mayor's Wellness Challenge* at [www.commit2fit.com](http://www.commit2fit.com). Also, follow us on the *Commit to Fit!* Facebook & Twitter pages for challenge updates.

## BONUS REGISTRATION PRIZE

Register by April 5th to be entered into a drawing for \$25 cash prizes!



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## HOW TO PARTICIPATE AND WIN!

### 1 Events

Participate in the Mayor's Wellness Challenge Scheduled Events

- Attend 1 "Mayor's Event" and 1 "Flint Famers' Market Event" during April to be eligible!
- Get your Event Card\* stamped at each event!
- Turn in your card (with at least 2 stamps) for the drawing at the finale event on Thursday, April 30.

**PRIZES INCLUDE:**

**A New Bike, Walking Shoes, Fitness Equipment, Commit to Fit! Giveaways and More!**

### 2 Online

Track your wellness online at [Commit2fit.com](http://Commit2fit.com) and strive to reach the following goals in the month of April:

- Physical Activity (Log 900 minutes)  
*An average of 30 minutes of activity daily!*
- Nutrition (Log 150 servings)  
*Eat 5 servings of fruits and veggies daily!*
- Weight (5 points)  
*Log your weight weekly!*

**PRIZES INCLUDE:**

**\$25 (4) • \$50 (4) • \$100 (2)**

\*Event Cards available at weekly Flint Farmers' Market cooking demos, Flint City Hall and online at [commit2fit.com](http://commit2fit.com).

## Mayor's Wellness Challenge Event Schedule

