



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE 2016 THE HEALTHIEST YEAR EVER

## WELLNESS WORKS: CITY'S FITNESS CHALLENGE January 11 – April 1, 2016

### Benefits of the 12-week Challenge include:

- Tracking of healthy activities on Bingo cards, like drinking more water and attending fitness classes, for entry into a monthly raffle for a \$100 gift card
- **FREE facility and group class access to The Granite YMCA** (locations in Manchester and Goffstown) for ONE DAY PER WEEK (your choice of day)
- FREE access to **wellness classes and healthy cooking/eating** workshops organized within the City
- FREE **incentive prizes** for participating in Challenge activities
- Entry into a \$250 grand prize **raffle for employees** who participate all 12 weeks
- **FREE fitness testing (pre-post)** by the The Granite YMCA to measure your progress, include timed walking, push-ups, sit-ups, and flexibility

### HOW TO REGISTER

Registration will open on Monday, December 7  
Please visit the City's Wellness Committee Webpage  
to complete the official registration form:

[www.manchesternh.gov/WellnessFitnessChallenge](http://www.manchesternh.gov/WellnessFitnessChallenge)

FIRST 100 employees to register will receive a FREE  
Challenge t-shirt!

### \*Fitness testing dates at YMCA of Downtown Manchester 30 Mechanic Street:

January 4, 7:00–8:00 am, 12:00–1:00 pm, and 5:15–6:15pm

January 5, 7:00–8:00 am, 12:00–1:00 pm, and 5:15–6:15pm

January 6, 7:00–8:00 am, 12:00–1:00 pm, and 5:15–6:15pm

\*testing can also be done by appointment

### Presented by:



For questions, please email the Wellness Committee at [WellnessCommittee@manchesternh.gov](mailto:WellnessCommittee@manchesternh.gov)