



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Presented by:



# FALL INTO FITNESS CHALLENGE

**October 10 – November 18, 2016**

*The fall season is a perfect time for reenergizing your fitness routine after a humid, hot summer, while developing healthy habits that help to prevent holiday weight gain!*

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All employees are invited to join a six-week **FALL INTO FITNESS CHALLENGE** for weekly access to the YMCA of Downtown Manchester or the YMCA Allard Center of Goffstown. Employees will be allowed to access the facility **twice per week**, and enjoy the many membership benefits—pool, sauna, Kid Zone child care program, all fitness classes, free wellness orientations, etc!

**Challenge Rules:** All participants will receive a prize during their first week of accessing the YMCA.

- Employees who attend the **YMCA ONCE PER WEEK for SIX WEEKS** will be entered into a raffle for a **\$75 gift card to Runner's Alley**.

- Employees who attend the **YMCA TWICE PER WEEK for SIX WEEKS** will be entered into a raffle for a **Fitbit Alta Activity Tracker**.



**Registration:** Employees must register no later than **Oct. 7th** on the

Wellness Committee's webpage at:

**<https://www.manchesternh.gov/Departments/Human-Resources/Wellness/Employee-Fitness-Challenge>**

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