

Fall Into Fitness Challenge 2019



When? Monday, September 16 through Sunday, October 27

Why? Let's all challenge ourselves and our co-workers AND win prizes!

How? Everyone who registers for the Challenge and turns in their final points log will be entered into drawings for prizes. You'll earn points a number of ways:

- Being active, whether you are counting steps or minutes
- Participating in the Walking Group starting the week of September 16
- Attending the Lunch and Learn on September 18

Teams: Form a team, either departmental or a team of your choice for additional team prizes. The team having the greatest number of points per team member will win the team prize and gain bragging rights! Employees participating in teams will still be eligible for individual prizes.

Sign up NOW!

- 1) Register to participate: Contact Liska Lackey at llackey@email.unc.edu or 919-968-2796.
- 2) Forming a team? When you register, let us know. Team guidelines are:
 - teams need a name – be creative and fun!
 - teams must consist of all Town employees
 - teams must have at least 5 participants
 - all team members must be registered to participate



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