



**Cardio Challenge Guidelines 2009
Adult/Fitness Club**

1. The event runs from May 4th through May 18th, a two week period.
2. The format is fairly simple, as each person that participates only needs to record the number of minutes or hours of exercise that they do each day. This exercise can be walking, weight lifting, soccer, hockey, golf, etc. Any type of physical activity qualifies as recorded hours through the two week period.
3. How can you participate? There will be awards for individuals and teams representing the club or company with the most hours. Ex: top three male and females that do the most exercise or raise the most pledges.
4. The cost to participate is \$40, if \$75 is raised, this fee is waived. Each person will receive a t-shirt. There are pledge levels for incentives for participants to reach. These are listed on the pledge sheet.
5. Fundraising can be done as an individual, a team or fitness club. Examples of fundraisers are: a company spin-a-thon, car wash, aerobic class, walkathon or any other fitness activity.

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