



Fitness Resolutions

How does Fitness Resolutions work?

The purpose of this program is to encourage you to set a goal that you can maintain during a 4 week period. We have given you 3 categories to choose from according to your fitness level and desires. The following are the categories to choose from and are based on the amount of exercise per week:

- ◆ **Good Start**- Between 60 and 179 minutes per week.
- ◆ **Fitness Maniac** - Between 180 and 299 minutes per week.
- ◆ **Over Achiever** - Over 300 minutes per week.

(105 Minutes Max Per Day)

Bonus Opportunities!

You will have opportunities each week to earn bonus minutes by completing one of the listed exercises. Each activity is worth 20 minutes. Completing one each week will allow you to gain extra minutes while encouraging you to try a few different fitness options. See the inside log sheet for the 8 activities that you can choose from and for further rules.

How do you win?

You must achieve your goal 3 out of 4 weeks to be placed in a drawing to win a Fitness Resolution prize. Prizes include:

- 2 Nimkee Sweatshirts
- 3 Nimkee Fitness Flip-up Water Bottles
- 3 Nimkee Fitness T-shirts
- 4 Nimkee Fitness Bags



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**NIMKEE MEMORIAL
FITNESS CENTER**

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fitness/index.htm](http://www.sagchip.org/fitness/index.htm)



**NIMKEE MEMORIAL
FITNESS CENTER**

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Fitness Resolutions

at the

**Nimkee Fitness
Center**

**January 10th -
February 4th**



Saginaw Chippewa Tribe of Michigan

989-775-4690

FITNESS RESOLUTIONS

NAME: _____

GOAL: _____

| Day | Activity | Exercise Minutes |
|---------------------|----------|------------------|
| Mon 1/10 | | |
| Tue 1/11 | | |
| Wed 1/12 | | |
| Thu 1/13 | | |
| Fri 1/14 | | |
| Week 1 Total | | |
| Mon 1/17 | | |
| Tue 1/18 | | |
| Wed 1/19 | | |
| Thu 1/20 | | |
| Fri 1/21 | | |
| Week 2 Total | | |

BONUS OPPORTUNITIES!

- 2 minutes on the Jacobs Ladder or the Versa Climber
- 2 Exercises on the Cable Pulley Machine
- 15 Minutes on Stair-master or Step Mill
- 5 minutes on the Kayak or Rowing Machine
- Group Exercise Class
- 1 Exercise using the Smith Machine (2 sets)
- 3 Exercises using Core Ball or Medicine Ball
- 2 Exercises on the Swiss Ball or the Bosu Ball

*Please ask the staff for ideas

Rules

- * One Bonus Option can be used each week
- * Each Bonus Option can only be used once
- * Each Bonus is worth 20 minutes

| Day | Activity | Exercise Minutes |
|---------------------|----------|------------------|
| Mon 1/24 | | |
| Tue 1/25 | | |
| Wed 1/26 | | |
| Thu 1/27 | | |
| Fri 2/28 | | |
| Week 3 Total | | |
| Mon 1/31 | | |
| Tue 2/1 | | |
| Wed 2/2 | | |
| Thu 2/3 | | |
| Fri 2/4 | | |
| Week 4 Total | | |