

# Community Health & Fitness Day

## Who will be the Fittest Family?

Take home  
this trophy!



Participate to be eligible to win prizes!



### Movie & Waterpark Package

For all families with kids 12 & under

Refillable popcorn bucket, 4 Movie Tickets and \$25 Gift Card  
*(Donated by the Recreation Department)*

With a one night stay at the Soaring Eagle Waterpark and Hotel  
*(Donated by SEWPH)*



### Other Prizes

**Including:** YETI flip hopper cooler, YETI tumblers, a pair of shoes from Runners and Bluetooth speakers

## Wednesday, May 22

### At Nimkee's Fit Park

- SCIT on the Move participation: 7 - 8:30 a.m.
- All activities: 11 a.m. - 2 p.m. & 4 - 6 p.m.

Sign up and experience SCIT on the Move!



### Rules:

- 3 family members minimum & 8 maximum
- 1 member of team must be a SCIT Member

### Participate in:

- Learn outdoor suspension trainer exercises
- 1-minute step-up challenge
- Basketball shot
- Climb Mt. Nimkee
- SCIT on the Move
- And more!



For more information, please contact: Jaden Harman at 989.775.4694 or JHarman@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7070 E. Broadway  
Mount Pleasant, MI 48858  
989-775-4000  
www.sagchip.org