

# FALL INTO FITNESS

At The NIMKEE FITNESS CENTER



**SEPTEMBER 15TH - OCTOBER 19TH**

## **WHY FALL INTO FITNESS?**

We know how life is busy. As we enter into another season when schedules maybe adjusting we encourage you to make time for fitness. This incentive will help you consider how you can “FALL INTO” A “FITNESS” routine this fall!

## **HOW CAN THIS PROGRAM HELP YOU?**

For most of us pre-planning or making goals will increase our chances of succeeding. It is our hope that this incentive program will be the factor that can make that happen for you! We have provided a list of goals that will help guide you. Check them out!

## **SET YOUR EXERCISE GOAL!**

Choose an exercise goal below that you think will be realistic for you for the next 5 weeks. One day each week can be outside the Fitness Center.

- 30 minutes of Cardio 3 days/week
- 20 minutes of Cardio 3 days/week and 2 days/week Strength Training
- 20 minutes of Cardio 5 days/week
- 15 minutes of Cardio 3 days/week and 3 days/week Strength Training
- Make your own goal (Must be within a minimal of the goals above and approved by a fitness staff member)

## **ACCOMPLISH YOUR GOAL!**

If you accomplish your goal for 4 out of the 5 weeks, then you will be placed in a drawing to win one of the great incentive prizes listed below.

**3 - SEGR GIFT CARDS**

**FITNESS GEAR (t-shirts, gym bags, and water bottles!)**