

## How does Fitness Resolutions work?

The purpose of this program is to encourage you to set a goal you can maintain during a four-week period. We have given you three 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 (105 minutes max per day):**

**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.

## 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. The activities that you can choose from include:

- Attending Fitness Support Group
- Two minutes on the versa climber
- Three exercises on a suspension trainer
- Two exercises on the cable pulley machine
- Two exercises using kettlebells
- One minute on Surge 360
- Group exercise class
- Five minutes on lateral elliptical
- Five minutes rowing machine

*\*Please ask the staff for ideas*

## Bonus opportunity rules:

- One bonus option can be used each week
- Each bonus option can only be used once
- Each bonus is worth 20 minutes

## How do you win?

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

- Three \$20 Soaring Eagle Casino & Resort gift cards
- Three Nimkee Fitness T-shirts
- Four water bottles and fitness bags



..... Nimkee Fitness Center .....



**Jan. 11, 2016 - Feb. 5, 2016**



## Nimkee Memorial Fitness Center

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Name: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 1	Date	Activity	Minutes
	MON 1/11		
	TUE 1/12		
	WED 1/13		
	THU 1/14		
	FRI 1/15		
	<b>Week 1 Total</b>		

Week 3	Date	Activity	Minutes
	MON 1/25		
	TUE 1/26		
	WED 1/27		
	THU 1/28		
	FRI 1/29		
	<b>Week 3 Total</b>		

Week 2	Date	Activity	Minutes
	MON 1/18		
	TUE 1/19		
	WED 1/20		
	THU 1/21		
	FRI 1/22		
	<b>Week 2 Total</b>		

Week 4	Date	Activity	Minutes
	MON 2/1		
	TUE 2/2		
	WED 2/3		
	THU 2/4		
	FRI 2/5		
	<b>Week 4 Total</b>		