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

Bonus opportunity rules:

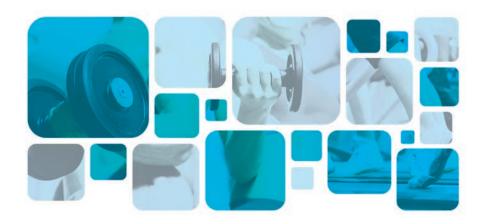
- One bonus option can be used each week
- Each bonus option can only be used once
- Each bonus is worth 20 minutes

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

- One minute on Surge 360
- Group exercise class
- Five minutes on lateral elliptical
- Five minutes rowing machine *Please ask the staff for ideas



••••• Nimkee Fitness Center •••••

FITNESS Resolutions

Jan. 11, 2016 - Feb. 5, 2016





Nimkee Memorial Fitness Center

2591 S. Leaton Rd. Mt. Pleasant, MI 48858

Phone: 989.775.4690 Fax: 989.775.4659 Website: www.sagchip.org/fitness/

Name:

Goal:

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

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

•••••• Nimkee Fitness Center •••••



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

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