

Open to all SCIT Tribal Members, SCIT Employees,
and CHS/Direct Nimkee Patients.

Beat the Chief

SEPTEMBER 16-20, 2019

**Multiple ways to win prizes
& start a healthy habit!**

ACCUMULATE POINTS EACH DAY TO WIN.

Earn Points/per day

- 10 pts = Get 10,000 steps
Must report steps by Noon the following day
- 30 pts = Beat the Chief's step count
The highest number of steps gets a \$10 gas card

Earn Extra Points/per day

- 10 pts = Spend 30 minutes in
Nimkee Fitness Center
- 10 pts = Post a picture on social media of
yourself being active & healthy using
#beatchiefscit

First 50 people to sign up in the Fitness Center receive
a free **Beat the Chief shirt**. Sign up runs Sept 9th - 20th

Prizes:

- Grand Prize = 2 CMU Football Game Box Seats
- 2 Concert Tickets

More info:

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Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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