



# MAYOR'S WELLNESS CHALLENGE



APRIL 1st – APRIL 30th

## HOW TO PARTICIPATE AND WIN!

### 1 Events

Participate in the Mayor's Wellness Challenge Scheduled Events

- Attend 1 "Mayor's Event" and 1 "Flint Famers' Market Event" during April to be eligible!
- Get your Event Card\* stamped at each event!
- Turn in your card (with at least 2 stamps) for the drawing at the finale event on Thursday, April 30.

**PRIZES INCLUDE:**

**A New Bike, Walking Shoes, Fitness Equipment, Commit to Fit! Giveaways and More!**

### 2 Online

Track your wellness online at [Commit2fit.com](http://Commit2fit.com) and strive to reach the following goals in the month of April:

- Physical Activity (Log 900 minutes)  
*An average of 30 minutes of activity daily!*
- Nutrition (Log 150 servings)  
*Eat 5 servings of fruits and veggies daily!*
- Weight (5 points)  
*Log your weight weekly!*

**PRIZES INCLUDE:**

**\$25 (4) • \$50 (4) • \$100 (2)**

*\*Event Cards available at weekly Flint Farmers' Market cooking demos, Flint City Hall and online at [commit2fit.com](http://commit2fit.com).*

## Mayor's Wellness Challenge Event Schedule



