

LAKES AREA TEAM CHALLENGE
JANUARY 12, 2010 - MARCH 9, 2010

GATHER A TEAM OR A BUDDY! YOU CAN PARTICIPATE AS A TEAM OR PAIR!
 JOIN US FOR 8 WEEKS OF FUN TO JUMP START A HEALTHY LIFESTYLE
 THROUGH EDUCATION, NUTRITION & FITNESS

GYM MEMBERSHIPS ★ FITNESS & EDUCATION CLASSES ★ PRIZES

Your can earn points and win by getting moving, learning, eating well, and losing weight!

Kick Off
 January 12, 2010
 Westgate Mall
 11-1 pm & 4-6 pm



FOR OFFICE USE ONLY
START TEAM WEIGHT: _____
END TEAM WEIGHT: _____
TOTAL POINTS EARNED: _____
POINTS PLACE _____

Final Weigh Off
 Celebration
 March 9, 2010
 Westgate Mall
 5-6:30 pm

TEAM REGISTRATION FORM

Please feel free to make make additional copies of this form

Team Name _____

Team's Business/Organization Name & Address _____
 (this information is not required, but encouraged if applicable)

TEAM MEMBERS

Remember, you can participate as a team of up to 6 people or as a pair of 2 people.
 All participants must take part in submitting fitness logs, and submitting team/pair bodyweights for award eligibility.

Names (first and last)

Email Address (please print!)

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |

Registration Fee: # of Members x \$25 per team member

Total Amount Enclosed \$ _____

Please make checks payable to:
 United Way of Crow Wing & Southern Cass Counties

Mail or drop off registration form and payment to
 United Way of Crow Wing & Southern Cass Counties
 424 NW 3rd Street
 Brainerd, MN 56401



After January 11, 2010 please register during the Lakes Area Team Challenge Kick-Off at Westgate Mall
 For more information call your local United Way Office at 218-829-2619