

Registration Form September 19 – November 13

Name: _____

Gender: ____ M ____ F Age: _____

Address: _____

Email: _____ (for weekly messages)

Phone: _____ Emergency phone: _____

Did you participate in the Spring Challenge? ____ Yes ____ No T-shirt size: YM YL Adult size XS S M L XL 2XL 3XL

Are you participating as an individual or as a team? (Teams must consist of at least four members) ____ Individual ____ Team

Team Name: _____

Nature of your team (workplace, faith-based organization, neighborhood, friends, etc.) _____

Does your team have a specific goal? _____ if yes, please share: _____

Do you give your permission for your name to be shared as a prize winner or for attaining a goal, etc.? ____ Yes ____ No

Do you give your permission to have your picture taken and possibly be published in local media and/or social media? ____ Yes ____ No

This is an 8-week challenge and participation will be recorded in minutes. What would be a realistic weekly activity goal for you in minutes? _____

(All cardio-type activity counts; this includes walking, running, swimming, biking, Zumba, step aerobics, RIPPED class, etc.)

Why did you decide to participate in the challenge? _____

Waiver Form

Waiver: I recognize that the Danville/Boyle County Get Moving Challenge is offered through McDowell Wellness Center and is a voluntary program that may involve strenuous activity. Any injuries that I may sustain are not the responsibility of McDowell Wellness Center. I assume the risk for any injury that may occur to me while participating in the program.

Signature Print Name Date

Parent/Guardian Signature (if participant under 18) Print Name Date

Return registration and waiver by Saturday, September 19 to McDowell Wellness Center, 1107 Ben Ali Drive, Danville, KY 40422.

Fax: (859) 238-0171 or email to jfluty@emhealth.org



GET MOVING

DANVILLE/BOYLE COUNTY COMMUNITY CHALLENGE



McDowell Wellness
Center

The
Advocate
Messenger

Join us in making Danville/Boyle County a healthier community by increasing your physical activity during this 8-week challenge, which begins September 19. By submitting your minutes of movement each week, you will be eligible for a number of wonderful prizes donated by area businesses.

A Kick-off Event including a walk and a fitness demo will be Saturday, September 19 at 2 p.m. at the Boyle County Courthouse. The first 200 attendees will receive a free Get Moving water bottle.



- Individuals or teams of any fitness level can participate.
- Group walks of different distances will be scheduled in and around Danville.
- Weekly communication and tips including healthy recipes will be shared with participants.
- Registration forms can be turned in at McDowell Wellness Center prior to September 19 or at the kick-off walk.
- Pre-registration is encouraged.



McDowell Wellness
Center

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Excellence is our only standard