

FCSLA'S SUMMER CHALLENGE FOR FITNESS

What are most of us lacking in our daily lives? According to statistics it is physical exercise. Our association is aware of the importance of keeping physically fit. This summer we are ***encouraging you*** and ***challenging you*** to perform some type of physical activity during the months of June, July and August. So get out your tennis shoes, dust them off and participate at your ***own level of activity***. *A surprise gift will be awarded to everyone that completes the three month fitness challenge.*

Here are the guidelines for the Fitness Challenge:

1. Members of all ages are encouraged to accept the challenge.
2. The challenge will run from **June 1st, 2010 to August 31st, 2010.**
3. Senior members, age 16 and older must complete 30 minutes of physical activity daily.
Junior members, age 15 and younger must complete 60 minutes of physical activity daily.
4. All types or forms of physical activity will be accepted, for example, walking, jogging, bicycling, playing baseball, tennis, exercising, badminton, croquet, swimming, etc.
5. The **calendar we provide** should be kept with daily entries of how much time was spent and what the activity was. If you should miss a day because of illness or other circumstances you may make up the time on another day but you must make note of it on your calendar.
6. The FCSLA'S entry form* must be received, mailed or emailed before **June 1st, 2010.**
7. **The completed fitness challenge calendar** must be in the H. O. no later than September 15th, 2010.**

* You may choose to use the form below or it is available on our website. (Go to our website www.fcsla.org, click on the word Fraternal, located on the left hand side of the page, and scroll down this page to **Summer 2010 Challenge for Fitness**. Click on that link and it will bring up a link to the **Entry Form**, click on Entry Form. Save that form to your files on your computer. When you have it saved, open up your file, fill out the information and then email it to me at sueann@fcsla.org as an attachment. This email will be your entry for the challenge).

** You may choose to use the mailed calendar or print the calendar from our website. (You will follow the same procedure above but click on Fitness Calendar, save it to your files. Fill in the calendar from your saved file on a daily basis. When completed email me the calendar file as an attachment no later than September 15th, 2010.

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NAME (printed) _____ BRANCH NUMBER _____

ADDRESS _____

CITY, STATE & ZIP _____

PHONE _____ EMAIL _____

I, _____, accept the FCSLA'S Summer 2010 Challenge for Fitness
(Signature)

I want the calendar mailed to me _____ I will print it from the FCSLA website _____.

**Mail to: Sue Ann M. Seich, FCSLA Fraternal & Youth Director,
24950 Chagrin Blvd., Beachwood, OH 44122**