

The City of Blaine
Park and Recreation Department presents:



Get Fit - Health and Fitness Challenge

10801 Town Square Drive, Blaine, MN 55449
Blaineparks.com

This program is designed to help step-up your fitness activity in a fun and rewarding way. The long term health benefits are endless. Enjoy the beautiful trails, walking/biking paths, and health and fitness classes in the City of Blaine while increasing your endurance, energy, and improving your overall health. Trail distance maps will be available at the Blaine Parks and Recreation Department. All you need to do to get started is pick up a Personal Log Sheet from the Parks and Recreation Department (or online).

Bronze Fitness Club (100 fitness points)

Complete 100 Points by walking, jogging, swimming, bicycling, or participating in a Blaine Park and Recreation Health & Fitness Class, in any combination during a four month period and receive a **"Bronze Fitness Club"** T-shirt and certificate! You must keep a record of your distance and achievements on a personal log sheet. Upon achieving your 100 fitness points bring the log sheet and \$10 to the Recreation Department to receive your T-shirt, and certificate.

Silver Fitness Club (500 fitness points)

If you want to keep it going, go for the: **"Silver Fitness Club"**! The rules are the same, only your 500 fitness points must be reached within a twelve month period. After reaching your goal, bring in your log sheet and \$22 to receive your "Silver Fitness Club" sweatshirt and certificate.

Gold Fitness Club (1000 fitness points)

After making it this far are you ready for the ultimate challenge? Try for the **"Gold Fitness Club"**! The rules are the same as the 100 and 500 only your 1000 points must be reached within an 18 month period. When you reach your goal, bring in your 1000 fitness club point log sheet and \$35 to receive your 1000 mile certificate and jacket. (Jackets will be ordered bi-monthly).

Those who reach their goals and become apart of the Bronze, Silver and Gold Fitness Clubs will also be listed on our website.

How to Reach Your Goal:

Biking 4 Miles = 1 Fitness Point

Walk / Jog / Run 1 Mile = 1 Fitness Point

Swimming 1 Mile = 4 Fitness Points

Complete a Blaine Park & Recreation Health & Fitness Class = 7 Fitness Points

Call 763-717-2723 to see which Blaine Park and Recreation Classes qualify.

Log Sheet on other side

