





WIN PRIZES!

THE FIT GAMES

8-WEEK HEALTH TRANSFORMATION CHALLENGE

 **KICK-OFF: JANUARY 5TH, 2025**
 **MEMBERS \$45, COMMUNITY \$160**

REGISTER NOW!



FITNESS CHALLENGES

WEEKLY FITNESS CHALLENGES & TIPS. OPTIONAL FITNESS ASSESSMENT



HEALTHY LIVING

FITNESS EXERCISES, WORKOUTS, NUTRITION AND HEALTHY LIVING SEMINARS



MOTIVATION SUPPORT

SURPASS YOUR FITNESS GOALS WITH OUR EXPERT WELLNESS TRAINER'S HELP AND THE FIT GAMES COMMUNITY.

FOR MORE INFORMATION, PLEASE CONTACT JILLIAN AT [JILLIAN@SDYMCA.ORG](mailto:jillian@sdymca.org)



FIT GAMES 101

A HEALTH JOURNEY

The Fit Games is an 8-week contest designed to make you fall in love with the gym. You won't be on this journey alone. You will be on a team led by a YMCA Coach who will guide you through this fitness transformation program. As a team, you will generate points by completing fitness challenges, attending health and wellness seminars and logging your personal workouts in the gym. The team with the highest point total after 8 weeks will receive awesome prizes!

HOW IT WORKS

RACKING UP POINTS

PERSONAL POINTS

- 1 point per hour of exercise
- If you do 30 minutes that's 0.5 points
- Capped at 2 points per day



CHALLENGE POINTS

- Get weekly challenges
- 3 levels, Gold, Silver and Bronze challenges those worth 3, 2 and 1 points, respectively
- These points can only be earned once per week, but can stack on top of daily exercise points



SPECIAL CHALLENGES /SEMINAR POINTS

- You can earn 3 points
- These points stack on top of daily exercise and weekly challenge points
- We will have 2 special challenges and 2 guest speakers throughout the Games



HOW TO GET STARTED

STEP 1 REGISTER

- Register now in DAXKO or by scanning QR Code.

SCAN ME



STEP 2 COACHES

- Choose your SDYMCA Coach from the following choices, or one will be appointed for you
- Subject to availability

COACHES:

Jodi Boland, Corrine Fortin, Courtney Marshall, Christy Mulyca, Kelli Jackson Amato and Nick Zavorotny

STEP 3 PRE-ASSESSMENTS

- Take a voluntary pre-assessment Involved taking measurements & fitness assessment
- Schedule your pre-assessment
- Meet with your YMCA Coach and set up your plan