

Winner For Life

FITNESS PROGRAM



About Winner For Life

Winner For Life is a new fitness program that is focused on you becoming a healthier you by improving your physical body, health knowledge and connecting with the fitness community to become the ultimate Winner For Life! You also get opportunities to win **PRIZES** along the way to discovering the Winner within you.

Get Started

(Program Eligibility)

- ✓ **Open to** all DoD Civilians, Active Duty Military, Retired Military and family members and FMWR employees.
- ✓ You must be **18 years and up**.
- ✓ **Pick up** the registration at MacLaughlin Fitness Center today and get your **Activity Card**.



Getting Points & Prizes

Get your **Activity Card** and start accumulating points today!

- | | |
|---|--|
| 2 points per day
<i>WALK FOR LIFE</i> participation | 1 point per day
<i>Working out at the gym</i> |
| 2 points each class
<i>Quarterly Wellness Workshops</i> | 1 point each class
<i>Lap Swim (Summer Only)</i> |
| 2 points for each race
<i>Community Run/Walks participation</i> | 1 point each class
<i>Fitness Classes (see monthly schedule)</i> |
| | <i>Swim Classes</i> |

Prizes will be awarded to the most active participants quarterly. In addition, there will be a **grand prize** for the highest scorer for the year! (**FMWR Employees are ineligible to win**)

Live Stressless

Fitness:
Attend **Total Body Workout**
FREE Fitness Classes
July 13 & 14.

Adult Swim Lessons,
8 am, Monday - Thursday,
July 6 - 16 & July 27 -
August 6.



(1 - 2 points)

Get Info

Wellness Workshop:
Stress Management

July 28
6:00 - 7:30 pm
MacLaughlin
Fitness Center



(2 points)

Get Connected

Community Fitness Events:
August 15
*Race for the Cause 5k, White Bank Park,
Colonial Heights VA*

September 19
Color Run, Richmond VA

Call 734-6198 for additional fitness event listings.

(2 points for each race)

