

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 participation</i> | 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**)

Build Strength

Fitness:

Attend **Total Body Workout** **FREE** Fitness Classes October 19 & 20.



(1 - 2 points)

Get Info

Wellness Workshop:
Varying Your Workout Routine

October 27
5:30 - 6:30 pm
CrossFit Room in the Post Field House



(2 points)

Get Connected

Community Fitness Events:

- October 24**
Hopewell River Run 5k, Hopewell VA
 - November 12**
Anthem Richmond Marathon, Richmond VA
Maymont Mansion Holiday Walking Tour, Richmond VA
 - December**
Tacky Light Run, Richmond VA
Churchill Holiday Candle Light Walk, Richmond VA
- Call 734-6198 for additional fitness event listings
(2 points for each race)

