



Get Up & Get Moving

Register by April 12th

We are kicking off another wellness challenge! The concept is simple, the more you exercise, the more money you can earn. 80% of early heart disease and stroke can be prevented by adopting a healthy lifestyle that includes physical activity. Follow these simple steps and join us for our **Get Up & Get Moving** challenge!

1. Make a commitment to be physically active at least 90 minutes per week.
2. Complete the registration form below by April 12th and email it to bdulin@oatstransit.org, or turn in to your regional office to be eligible for prizes.
3. Beginning April 15th start walking or exercising anywhere you like – at home, outside, on the treadmill, at the gym, or any other workout facility that is convenient for you. Casual strolling/ shopping does not count as exercise- you **MUST** exercise and get your heart rate up.
4. Log your daily totals April 15th through July 15th.
5. Log at least 1400 minutes by the end of the challenge and WIN a prize.
6. Enjoy OATS 2019 **Get Up & Get Moving** challenge!
7. Add up your minutes and turn in logs sheets no later than July 19th to be eligible for prizes.

Exercise and earn!

- One first place winner with the most minutes logged will receive \$200
- Second place will receive \$100
- Exercise 1600+ minutes by July 15 – win \$50
- Exercise 1400-1600 minutes by July 15 - win \$25

____ Yes, I want to participate in OATS Transit **Get Up & Get Moving** challenge. I understand that participation is strictly voluntary, and I may discontinue my participation at any time.

Name: _____

OATS Region: _____

Address: _____

Email Address: _____

Phone Number: _____

Signature: _____