

## Fall Fitness Challenge 2017

We are at the half way point of the Fall Fitness Challenge 2017. 3 weeks remaining and the question on everyone's mind is "what are the give-a-ways"?

Williamson County offers the Fitness Challenge as an easy way to help us take control of our health and wellness. The Fall Fitness Challenge is also going to help several charitable organizations. That alone should motivate all of us.

Cigna has graciously agreed to provide a donation to a charitable organization or school in Williamson County. The amounts of the charitable donations are listed below, based on the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winning teams. Each team may decide the charitable organization or school to donate the funds.

\$1,000 to the 1st place Team

\$500 to the 2<sup>nd</sup> place Team

\$500 to the 3<sup>rd</sup> place Team

Along with the charitable donation,  
\*1<sup>st</sup> place team will get a healthy lunch.

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> place teams will receive healthy snacks.

\*Participants that complete the goal they set when registering, will have their name in a drawing for a Fitbit Surge.

\*Participants that collected all their badges will have their name in a drawing for 1 of 50 gift cards.

\* At the end of the challenge, the team captain or the team as a whole will choose which team member deserves acknowledging. The team member might be that person that never gave up, was the most motivated or maybe showed a competitive spirit. This is a great way to show that one person on your team how well they did. Each of these individuals will receive a "surprise". Team Captains, please have the name of this person emailed to me at [ginac@williamson-tn.org](mailto:ginac@williamson-tn.org) no earlier than November 11<sup>th</sup> and no later than November 15<sup>th</sup>. Please include in the email, the person you acknowledge, why and the team name.

### **Please note:**

If you were notified you won a Fitbit and have not received it, please contact Jaime White at [jaimew@williamson-tn.org](mailto:jaimew@williamson-tn.org).

At this point in the challenge and to make it fair to the other teams, additional team members/participants cannot be added or deleted.

Thank you for participating in the Fall Fitness Challenge 2017.