

March 1 - April 29

# Move 60 CHALLENGE



Be part of the MOVEment! Walk. Bike. Swim. Dance. Garden. Do Yoga - Just get moving for 60 days! Participate in MOVE60 and be entered to win great weekly prizes like:

- Athletic shoes
- Mini-memberships to RDV Sportsplex
- Gift certificates to restaurants, Track Shack and the movies
- Free t-shirts\* and pedometers while supplies last. Register early.
- And more!

**It's Free, Fun and Easy!**

Register as a team or an individual and get a free t-shirt\* and prizes simply for being active. Join us as we strive to become the healthiest community in the nation and get moving!

\*Free t-shirt for the first 800 participants registered or while supplies last.



Healthy Central Florida is a healthy community initiative sponsored by Florida Hospital.

Florida Blue 



[HealthyCentralFlorida.org](http://HealthyCentralFlorida.org)

## Join the MOVEment and Win Great Prizes

You can participate as an individual or as a team with your company, public school, faith group or neighbors. And yes - team members can win individual prizes as long as they are also registered as individuals.

### TEAM PRIZES

**Workplace Challenge** – FREE \*catered lunch, massage chair and goodies for the company with the most employees registered, being active and posting weekly. Plus, your company will be featured in a 1/2 page ad in the *Winter Park Maitland Observer*.

**Faith Community Challenge** – \$400 award for the most active registered participants who post their activities weekly.

**School Challenge** (Winter Park consortium schools) – \$400 for the most active signed up participants who post their activities weekly.

**Spirit Award** – Includes a group outing for up to 20 participants (value: \$400) for the team that cheers each other on, has the biggest health success story – or has the most fun while getting fit!

### INDIVIDUAL PRIZES

In addition to weekly prizes awarded for individuals, each participant who completes and posts activities for all 8 weeks will be entered to WIN one of three randomly drawn GRAND PRIZES:

- A 3-month free membership to RDV Sportsplex
- A pair of premium athletic shoes – (up to \$150 value – your choice of many brands)
- A \$100 Track Shack Gift Certificate

### PEDOMETER AND T-SHIRT DISTRIBUTION

A limited number of free Timex pedometers will be provided to those who do not currently have one.\*

You'll receive an automatic email reply upon registering for this event. Bring this receipt as proof of your registration to receive your t-shirt and/or pedometer to the following locations **BEGINNING ON FEBRUARY 22.**

#### Winter Park

- Winter Park Public Library  
(Tuesdays - weekly walks at 7:00 am)
- Winter Park Chamber of Commerce  
(weekdays 10:00 am - 4:00 pm)

#### Maitland

- Maitland Public Library  
(Thursday - weekly walks at 7:00 am)
- RDV Sportsplex Reception Desk – regular business hours

#### Eatonville

- Healthy Eatonville Place - College Avenue in Eatonville (9:00 am - 4:30 pm)

#### Orlando

- Track Shack – 1104 N. Mills Ave, Orlando  
(Check [TrackShack.com](http://TrackShack.com) for business hours)

\*800 t-shirts and 200 pedometers



Be sure to LIKE Healthy Central Florida on Facebook and post photos of yourself or your team being active (in your MOVE60 shirt)!

Register Now

[HCF.WalkerTracker.com](http://HCF.WalkerTracker.com)