



# May Motivation

## MEPs CHALLENGE

May 1 - May 31

**Earn the points. Meet the challenge. Win prizes totaling over \$500!**



If you've strayed from healthy living resolutions made at the beginning of the year, or if you need extra motivation for maintaining a regular exercise routine before the summer months, this **FREE** 4-week challenge is for you!

**Who:** All Liberty Athletic Club myzone® users of any fitness level are eligible to participate.

*Please note that Myzone® fitness trackers are always available for purchase at the front desk for \$85.*

**When:** May 1<sup>st</sup> - May 31<sup>st</sup>

**How:** Simply accept the May Motivation MEPs Challenge **invitation sent to you on April 24<sup>th</sup>** either on your myzone® user page or mobile app.

Earn MEPs (*myzone Effort Points*) by wearing the myzone® fitness tracker during any exercise or activity taking place either **inside or outside** of Liberty. MEPs are recorded on-line, and participants will automatically be entered in the raffle drawing for some great Liberty prizes!

### 1st Raffle Ticket

Awarded for the first 1300 MEPs earned

### 2nd Raffle Ticket

Awarded at 2600 MEPs

### Additional Raffle Tickets

Awarded every 250 MEPs over 2600

### Prizes:

- One month of dues
- One month of unlimited small group training classes
- One private personal training or pilates reformer session
- One 60-minute massage

*Drawings will take place on Friday, June 2, 2023.*





### What is myzone®?

Myzone® is a physical activity monitoring system that displays heart rate, calories, time and effort to TVs in the club or to the myzone® App, while simultaneously creating an on-line logbook of all physical activity that can be viewed anywhere in the world

### What are myzone® effort points (MEPs) ?

MEPs are earned based on the effort exerted by the user. Time spent in each Heart Rate Zone earns different numbers of MEPs.

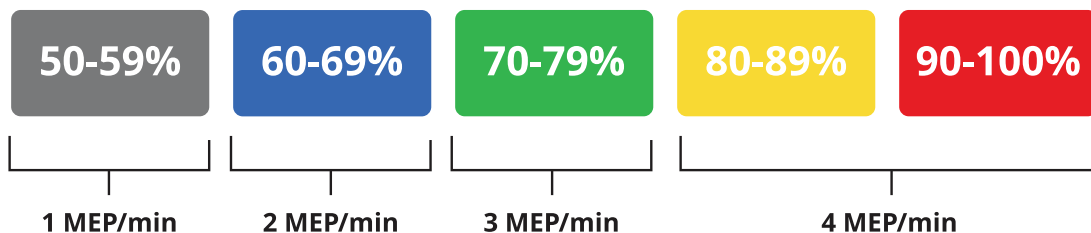
### How do I record my activities outside of Liberty?

Just wear your myzone® monitor during any activity outside of the club. Whether your mowing the yard or going for a 10-mile run, the myzone® module will automatically record up to 16 hours of activity data. You will then need to upload your activity data through the myzone® smartphone app or by coming into the club and connecting to one of the myzone® monitors

### Is this for all fitness levels, or do I need to be in great shape to have a chance of winning prizes?

Heart rate is directly related with exercise intensity and exercise intensity is relative to an individual's fitness level. In fact, those with lower levels of fitness may find it easier to earn more MEPs than those with higher level of fitness

### Heart Rate (HR) Zones



**GREY:** 50% to 59% of Max HR | **BLUE:** 60% to 69% of Max HR | **GREEN:** 70% to 79% of Max HR | **YELLOW:** 80% to 89% of Max HR | **RED:** 90% to 100% of Max HR