

★ Fitness Star 2010 ★

Program starts September 6 & ends October 31

Objective

To motivate Salt River Community Members, and SRPMIC Tribal/enterprise employees to utilize the Disease Prevention Program Fitness Centers and attend the Group Exercise Classes, and most importantly, to promote physical activity on a daily basis for a healthier lifestyle.

Rules

- **Fitness Star 2010** Program is open to SRPMIC Community Members, and SRPMIC Tribal/Enterprise employees.
 - Participants must be 13 years or older.
 - Participants must use the SR Fitness Center, Lehi Fitness Center and Two Waters Fitness Center (Employees Only) in this program to earn stars (minutes). **To be eligible to utilize Two Waters Fitness Center you must be a SRPMIC Tribal Employee.**
 - Participants will earn stars (minutes) for every workout session that consists of 30 minutes of continuous exercise or more.
 - Participants can have more than one workout session per day.
 - The minimum weekly goal will be 90 minutes a week for 3 days.
 - Extra star credit's can be earned for 2 days outside of using the fitness centers & Group Exercise Classes. For example, if you like to walk, hike, cycle or swim outdoors on the weekends you may earn extra star credit. You will record the extra star credit in the area provide on Personal Exercise Tracking Sheet. To make it fun & motivating take a picture of the activity and share with other participants on the Extra Star Credit Wall.
 - Participants will keep a Personal Exercise Tracking Sheet; with Fitness Staff keeping a Fitness Center Exercise Tracking Poster.
- Please remember to sign in on the facility sign-in sheet and group exercise sign-in sheet. This will verify that you utilized the fitness centers, and attended a group exercise class. Fitness Staff will check sign-in sheets to verify your attendance. SO PLEASE DO NOT FORGET TO SIGN-IN.



Procedures

- Sign up for program at Disease Prevention Program Fitness Center by completing Event Registration Form. Before utilizing the fitness center and/or attending group exercise classes, participants must complete a Personal Health History Form. *For your safety, you may be asked to complete a doctor's release form prior to utilizing the facilities and participating in Fitness Star 2010 program.
- Once all paperwork has been completed, you will be given a Personal Exercise Tracking Sheet and you will also complete pre-program assessments (weight, body fat percentage, etc.)

Registration begins August 25 & ends September 3

**Thank you for participating in your Health Services
Disease Prevention Program Fitness Program**

~ Fitness Center Staff

For more information call 480-362-7320