

January 1 – February 28, 2012

Early winter is a great time to engage in healthy, fun activities that support an active lifestyle. Salida Recreation and LiveWell Chaffee County present the 2012 Fitness Challenge to offer you some guidance and motivation towards setting and achieving goals and feeling healthy! By participating in the many aspects of the Fitness Challenge, you will receive structure and information encompassing health, fitness, and nutrition over nine weeks to help you make changes that will last beyond the New Year.

- Any participant who does 20-30 minutes of exercise on his/her own will receive **1 point**.
- For any introductory contact made to a fitness or nutrition provider, participants will receive **1 point**.
- For each water or land fitness class attended in January or February 2012, participants will get **2 points**. These can be Recreation classes like Zumba® or Kickboxing, or others such as Yoga, Pilates, or Exer-flex classes. Lap Swim, Water Volleyball, and Ski Bus also count for **2 points** per session. 45 minutes – 1.5 hours is the approximate guideline to get these points.
- For each 2012 Fitness challenge lecture series or cooking class attended, participants receive **2 points**, and add **1 extra point** if you brought along a friend for the first time!
- Any participant who gets any preventative screening from their doctor or a clinic will receive **2 points**.
- Participants that keep an exercise/food log will receive **2 points** per week. For guidance on keeping a log, please see fitlink.com/exercise-log or dailyendorphin.com.
- Any participant who participates in the kick-off New Year's Day 5k will receive **3 points**!
- Any participant who sets a goal for themselves at the Kickoff Session (January 3, 2012) and has completed it by February 28th will receive **1 point** per goal achieved!

Get points for completing workouts, attending educational sessions, or achieving goals. Points can be tracked on the attached sheet and will be counted based on the honor system.

The top 3 winners will receive prizes for their efforts, and anyone who reaches a minimum of **15** points will be entered into a random drawing for **great prizes** to help you stay fit throughout the year.

Punch passes for discounted fitness classes are available for January & February! This makes the cost of each class about \$3! Visit the pool to purchase.

Check out SalidaRec.com/fitness for complete details about classes, passes, lectures, and the New Year's Day 5K.

Questions can be directed to salidarecreation@yahoo.com or 539-5703.

Please turn in your log sheet to the pool front desk by March 3, 2012. Winners will be announced March 9.

GOOD LUCK AND HAVE FUN!

FREE Health, Nutrition, & Fitness Seminars

Jon Fritz from Livewell Chaffee County will lead this informational series, focusing on health, nutrition, and fitness topics. Drop in for any or all of these interesting and important sessions. Get entered into a random drawing, held at the final seminar, for fitness & health prizes each time you come! Each session is held on a **Tuesday at the Scout Hut from 6:00 – 7:00 pm.**

January 3rd: “Goal setting: Dr.’s Fitness Prescription & Guidelines”

January 10th: “Exercise Myths and Exercise Prescriptions”

January 17th: “10 Things You Never Thought Counted As Exercise”

January 24th: “Affordable & Healthy Superfoods”

January 31st: “Nutrition Myths & Food Journaling”

February 7th: “Veggie Jeopardy & Sundae School”

February 14th: No lecture. Happy Valentine’s Day!

February 21st: “Mind Over Matter: Maintaining Healthy Habits”

February 28th: “Self-Care & Maintenance Goal Setting with R.N.”

Workouts and classes

Why not try something new this year? Every Saturday during January and February, we are offering something for you to try, and **most are free!**

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| 1/7 | FREE Water Fitness Sampler Class | Salida Hot Springs Pool | 10 am—noon |
| 1/14 | FREE Intro to Yoga Class | Salida Yoga Center, 133 E 2nd St | 4—5:15 pm |
| 1/21 | FREE Kickboxing Class | Scout Hut | 10—11 am |
| 1/28 | FREE Pilates Open House <i>Try all their services – Mat & equipment work, dance, and TRX Bootcamp!</i> | The Pilates Studio, 300 W. Hwy 291 | 9—11 am |
| 2/4 | FREE Open Gym & Workout | Curves for Women, 1548 G St, #7 | 8am—noon |
| 2/11 | Cooking Class, \$20 <i>Kitchen Techniques, Roasted Chicken & Winter Veggies</i> | Ploughboy Market, 311 H St | 2 – 3:30pm PREREGISTER @ THE POOL! |
| 2/18 | FREE Entry to Pool w/ Challenge Log in Progress | Salida Hot Springs Pool | 10 am—8 pm |
| 2/25 | FREE Zumba® Class | Scout Hut | 10—11 am |

2012

Sunday, January 1st

5k Walk & Fun Run

Kickoff on January 1st with our annual New Year’s Day 5K Walk & Run! Keep the New Year’s celebration going and make this event even more fun by wearing a costume or something funky!



Participants will receive a goody bag, and top finishers will be awarded prizes. Best costume will also receive a prize. This is a beginner-friendly event, so if you’ve never participated in an organized walk/run event before, this is the perfect place to start!

Onsite registration begins at 9:00 am at the Scout Hut, & the event begins at 10:00 am. Start & finish at the Scout Hut! \$10/person. All Ages!

