

5th Annual

Mason County Health Challenge ~ Active for Life!

January 18-March 28, 2010

Does Your
Worksite
Seem a Bit
Sluggish?

Encourage
teamwork!

Boost morale!

Improve
employee
health and
fitness!

Retain happier,
more
productive
employees!

**SIGN UP
TODAY!**

Mason County Public Health is partnering with The American Cancer Society to bring a *new look* to the Health Challenge!

What has changed?

- Set fitness goals based on *individual* needs
- Track progress online for 10-weeks
- Participants are eligible for raffles if they meet their weekly goal(s)
- Bonus activities offered include lunch and learn workshops, health assessments, trial exercise classes, and more!

How to Participate:

- Create a team and nominate a Team Captain to help everyone stay informed and motivated. Teams can be any size!
- Team Captain should contact Heidi Iyall (information below) to register.
- Collect \$10/person to participate (check or cash). Checks need to be made to Mason County Public Health. All entry fees go toward Health Challenge incentives and awards.

Individuals Can Participate Too!

- If you don't have a team, but still want to participate, you can join 'Team Mason County!' Public Health staff will lead this team. Just \$10 to participate!

To join contact Heidi Iyall

360-427-9670 ext. 410 * Allyn/Belfair: 275-4467 ext. 410
heidii@co.mason.wa.us



*Always Working for a Safer and
Healthier Mason County.*

