



An inspiring way to get fit and have fun!

What is Go Gold?

It's a fun-filled 31-day incentive program with a summer Olympics theme that motivates you to become more active. You'll win as you increase your physical activity and track your progress. The goal is to "medal" at least 20 times during the 31 days of August by recording dedicated exercise minutes:

30-44 minutes = Bronze

45-59 minutes = Silver

60+ minutes = Gold

Any combination of bronze, silver, or gold medals counts toward your goal. So if you're just starting out shoot for 20 bronze medals, and aim higher if you're already active. The idea is for you to develop an exercise routine you can stick to during *Go Gold*.

Why Participate?

For many people, starting and staying on a consistent exercise program can be difficult. Work, family, and other responsibilities crowd out time to do something good for yourself, and a lack of direction or motivation makes it even easier to let fitness slide.

But *Go Gold* helps you get back on track and stay there, by making fitness fun with a theme, activities, and rewards.

What is the incentive for participating?

Improved health, a lasting habit of physical activity, learning interesting facts about the games and famous

athletes, fun and educational material given throughout the 31-days, and the opportunity to win great prizes for those who "medal" at least 20 times during the 31-days. The prizes include **a free 6 month individual Olympic Center membership, 60 minute massage session and a \$25 gift certificate to the OC shop.**

Who can participate?

Anyone – whether you're a beginner or advanced, *Go Gold* will inspire you to be active. Exercising at least 30 minutes a day is a good goal regardless of your fitness level. A brisk half hour walk counts, as does swimming in the pool. You don't have to try something daring and new, but if you want to, there's plenty to choose from.

How do I get started?

Complete the registration form below and return it to the 2nd floor fitness desk at the Tyler Olympic Center. **Program fee is \$5.** Non-Olympic Center members who sign up to participate and want to use the Olympic Center during the program can purchase a one month individual Olympic Center pass for \$20! (month of August only).

NOTE: \$20 PASS IS NOT REQUIRED FOR PROGRAM PARTICIPATION.

Entry Form

Name _____

Address _____

Phone _____ Dept. _____

Email _____ (required to receive program materials)

Signature _____



* Drop off your entry form and \$5 program fee at the 2nd floor fitness desk at the Tyler Olympic Center no later than July 31st to be registered. Non-Olympic Center member participants who want to use the Olympic Center during the month of August can purchase a guest pass for \$20. A guest registration form must be completed to receive your pass.