

McDowell CHOICES Fit Family Challenge

We are challenging families to get active and eat healthy!



The *Fit Family Challenge* is a FREE 6-week program to get families healthier. You and your family can use the handy online Activity Tracker to keep track of your family's physical activity and nutrition habits, and you can earn points and win prizes for your healthy choices!

The *Fit Family Challenge* will offer you and your family free classes, expert advice and nutrition tips. A link will be provided on the *Fit Family Challenge* website for you to sign up to participate by the start date of **August 27, 2017**. From **August 27 through October 7** your family can track your activities and join in on the fun.

The more activity you log on the mobile-friendly Activity Tracker, the more points you will earn, and the more chances you will have to win prizes. Prizes are awarded by random drawings weekly, and two grand prizes will be randomly selected at the end of the *Challenge* (trip to the Coca-Cola 600 at the Charlotte Motor Speedway May 28-30).

With a minimum of 100 points you are eligible to be entered in the random drawings. Even though points are earned individually, your family's points will be combined for prize eligibility. Each week, there will be a special event or class somewhere in McDowell County where you can attend free and earn 100 bonus points. More information on these special events and classes are on the website.

Once the *Challenge* is over, your family can still log into www.MyFitFamilyChallenge.com/McDowell to get healthy tips and activities all year. We know you and your family are on your way to adopting healthier lifestyles!

The *Fit Family Challenge* is brought to you by the WVU College of Physical Activity and Sport Sciences, the McDowell CHOICES Project, McDowell County Schools, and Coca-Cola Consolidated.

Register today at: www.MyFitFamilyChallenge.com/McDowell