

Festive Fitness Challenge 2018/2019

Stay motivated, burn off extra calories and be in with a chance of winning amazing prizes for completing as many activities as you can.

Free 3-month Wellness membership at the end of your Livewell plan for top two winners.

Everyone who has completed **10 activities or more** will be entered into a prize draw to win a **£50 Intu voucher** and a **Livewell goodie bag** will be given to **all clients** who return their completed card. What's not to love?!

How it works

1. To take part you must be an active Livewell client with a membership that covers the Challenge period.
2. Use the back of this card to write the name of the physical activity, date and collect a signature from leisure centre staff or the activity leader every time you attend a Livewell activity, use the gym, swim or attend a group exercise class at a leisure centre **from 1 December 2018 to 31 January 2019**.
3. Swipe your Livewell card if the activity is leisure centre based.
4. Return your completed card **by 8 February 2019** to one of our Health Hub drop-ins (at livewellderby.co.uk/resources). Don't forget to tell us your name and advisor. Ask your advisor for another card if you need one and attach them both together.
5. Check livewellderby.co.uk/resources for the up to date Livewell activity timetable.
6. Winners will be notified **w/c 11 February 2019** and will be asked if they'd like to feature on the Livewell website and social media.

Name:

Advisor:

Remember to drink plenty of fluids and check with your advisor before trying a new activity.

There will be limited Livewell activities between 21 December and 2 January. Leisure Centres will be closed on bank holidays and will have different opening hours over the festive period.

Visit www.inderby.org.uk/about/noticeboard for details.



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