



FIT CHURCH C H A L L E N G E

CONTACT

Lauren Springfield
Manager of Community Health

Phone
863.687.1100 ext. 2298

EMAIL
CHP@myLRH.org

CHALLENGE RULES

1. You must be age 16 or older to participate.
2. Adult supervision is required for those under the age of 18.
3. Registered participants gain access to:
 - a. FitChurch Challenge exercise classes available to this program at participating YMCAs or congregation hosts sites. **A complete schedule will be distributed at the beginning of December.**
 - b. Health education classes presented by Lakeland Regional Health.
4. Participants, or their legal guardians, must sign a waiver before participating in the Challenge.
5. The duration of the program is 12 weeks.
6. In order for a team member's results to be included in the team's overall results, attendance is required for the initial and final health screening or the alternative weigh-in process must be completed.
7. Exercise and health education class attendance is **not mandatory**, but is strongly encouraged.
8. Participants must present their member ID to attend any class.
9. Please know your own physical limits and consult with a healthcare provider prior to starting this exercise program or exercising with a known medical condition.
10. Appropriate attire is required for all exercise classes. Appropriate workout attire, including gym shoes, should be worn at all times. Jeans, denim clothing, exposed metal on clothing, see-through clothing, open-toed shoes and high heels are prohibited.

Presented by: