

# Registration Form (April 16-May 27)

Visit [mcdowellwellness.com](http://mcdowellwellness.com) for our online registration form or complete the following.

Name: \_\_\_\_\_

Gender:  M  F Age: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

(You will receive a weekly email newsletter. If you do not receive one within the first week of the challenge, contact McDowell Wellness Center. Hard copies may also be picked up at the Wellness Center).

Did you participate in any of the previous Get Moving Challenges?  Yes  No

Are you an EMH Associate?  Yes  No

If so, are you participating in the Wellness F.I.R.S.T. Program?  Yes  No

Phone: \_\_\_\_\_ Emergency phone: \_\_\_\_\_

Youth t-shirt size: YS YM YL Adult size: S M L XL 2X 3X 4X 5X 6X

Are you participating as an individual or as a team? (Teams must consist of at least four members)  Individual  Team

Team Name: \_\_\_\_\_

Do you give your permission for your name and/or picture to be shared with others via social media, newsletters and future marketing materials?

Yes  No

Do you have comments or suggestions for this challenge or future challenges? \_\_\_\_\_

Get Moving Packets with instructions and forms may be picked up at the kick-off or at McDowell Wellness Center beginning April 1.

## Waiver Form

Waiver: I recognize that the Danville/Boyle County Get Moving Challenge is offered through McDowell Wellness Center and is a voluntary program that may involve strenuous activity. Any injuries that I may sustain are not the responsibility of McDowell Wellness Center. I assume the risk for any injury that may occur to me while participating in the program.

\_\_\_\_\_  
Signature Print Name Date

\_\_\_\_\_  
Parent/Guardian Signature (if participant is under 18) Print Name Date

Return registration and waiver by Sunday, April 16 to McDowell Wellness Center, 1107 Ben Ali Drive, Danville, KY 40422.  
Fax: (859) 238-0171 or email to [jfluty@emhealth.org](mailto:jfluty@emhealth.org)





The 2023 Get Moving Challenge begins April 16 and will focus on heart health. Move your body and submit your activity minutes each week to be eligible for prizes and a free t-shirt.



- Individuals or teams of any fitness level can participate. The main purposes of the team are encouragement and accountability; you do not have to exercise as a team.
- Register online through the link on our website

[mcdowellwellness.com](http://mcdowellwellness.com). Registration forms can also be picked up at McDowell Wellness Center or printed from our website.

- Weekly communication and tips, including healthy recipes, will be shared with participants.

- Registration forms can be dropped off at McDowell Wellness Center before the kick-off, at the kick-off or within the first week of the challenge.
- Free Get Moving t-shirt for all participants who submit at least 5 weeks of minutes.
- Pre-registration is encouraged.



## Kick-Off the Challenge:

**April, 16 2-4 pm**

Health Fair at McDowell Wellness Center  
EMH Staff and the BCHS HOSA (Health Occupations Students of America) Club will host this event that includes:

- Blood pressure, height, weight, BMI, and stress level screens
- Information about heart health, exercise, diet, etc.
- Staff available to answer questions, including RN, dietitian and a Community Services representative
- Freebies/small prizes
- Healthy snacks & recipes
- Exercise demonstrations that you can join in:

- 2:00 pm- Silver sneakers class demo
- 2:30 pm- Group fitness class demo
- 3:00 pm- 1 mile walk
- 3:30 pm- Spin/indoor cycling class demo

MWC Membership Special available to non-members who attend this Kick-Off Event:  
2-1/2 months for \$50 any membership (any membership April 16 - June 30)