

Registration Form (April 19- June 13)



McDowell Wellness
Center

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: _____

Is this a church team that will be participating in our Healthy Church Challenge? ____ Yes ____ No

Do you give your permission for your name to be shared with other participants as a prize winner or for attaining a goal, etc.? ____ 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 19 to McDowell Wellness Center, 1107 Ben Ali Drive, Danville, KY 40422.

Fax: (859) 238-0171 or email to jfluty@emhealth.org

GET MOVING! MIND, BODY, SPIRIT.



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The 2020 Get Moving Challenge begins April 19 and will focus on health for the body, mind and soul! Move your body and submit your activity minutes each week to be eligible for a free t-shirt and prizes. You will also be encouraged to eat real food, focus on the positive, pray and/or meditate, find some fun, learn something new, connect with others and prioritize sleep.

- Individuals or teams of any fitness level can participate.
- Healthy Church Challenge. Church teams are encouraged and there will be a participation competition throughout the challenge.
- Weekly communication and tips, including healthy

recipes, will be shared with participants.

- Registration forms can be picked up at McDowell Wellness Center (Harrodsburg and Danville), Ephraim McDowell Regional Medical Center, Ephraim McDowell Fort Logan Hospital and Ephraim McDowell

James B. Haggin Hospital information desks, Danville Bike and Footwear, Bunny Davis Recreation Complex or on the McDowell Wellness Center website at www.mcdowellwellness.com.

- Registration forms can be turned in at McDowell Wellness Center prior to April 19 or at the kick-off event.
- Free Get Moving t-shirt for all participants who submit at least seven weeks of minutes.
- Pre-registration is encouraged.



Kick-Off Event

McDowell Wellness Center

Sunday, April 19

Register for Get Moving and pick up your packet

7:45 am 1/2 mile Sunset Dash

8:00 pm Moonlight Mile

The Moonlight Mile is a one-mile race on Ben Ali Drive. It is free to participate, but t-shirt/tank will cost \$10.

Walkers are welcome.

CANCELLED