

Registration Form (April 17- May 28)

Visit 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 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 17 to McDowell Wellness Center, 1107 Ben Ali Drive, Danville, KY 40422.
Fax: (859) 238-0171 or email to jfluty@emhealth.org

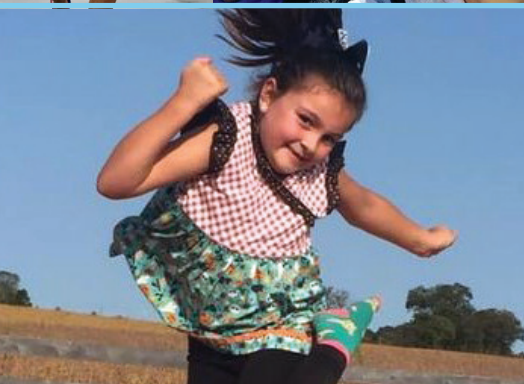
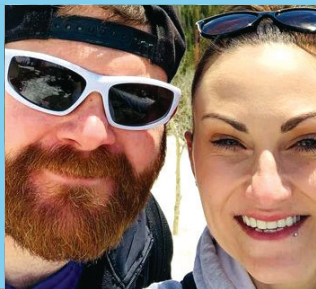
GET MOVING! MIND, BODY, SPIRIT.



McDowell Wellness
Center

The 2022 Get Moving Challenge begins April 17 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 connect with others, eat real food, focus on the positive, seek meaning and purpose, and learn something new.

- 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. 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 turned in at McDowell Wellness Center prior to April 17 or during the first week.
- Free Get Moving t-shirt for all participants who submit at least 5 weeks of minutes
- Pre-registration is encouraged.



Kick-Off the Challenge:

The Challenge starts on Easter! That's a great day to connect with others, eat real food, seek meaning and purpose or move your body! Let us know how you kick off the challenge by posting on our Facebook Event Page: [Get Moving Kick Off 2022](#). Everyone who posts will receive a Get Moving running belt.